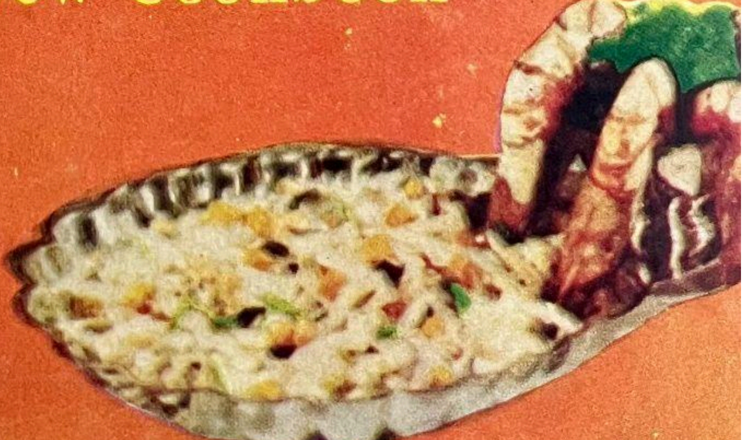
NICE TASTY

RECIPES For MEALS

New Cookbook



NICE TASTY RECIPES FOR MEALS

CHINESE CUISINE

Copyright, 1969
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PHILIPPINE BOOK COMPANY

FINDING OUT WHAT'S IN FOODS

Taking foods apart chemically, scientists are learning more exactly, nutrient by nutrient, what each familiar food can provide for the body's needs.

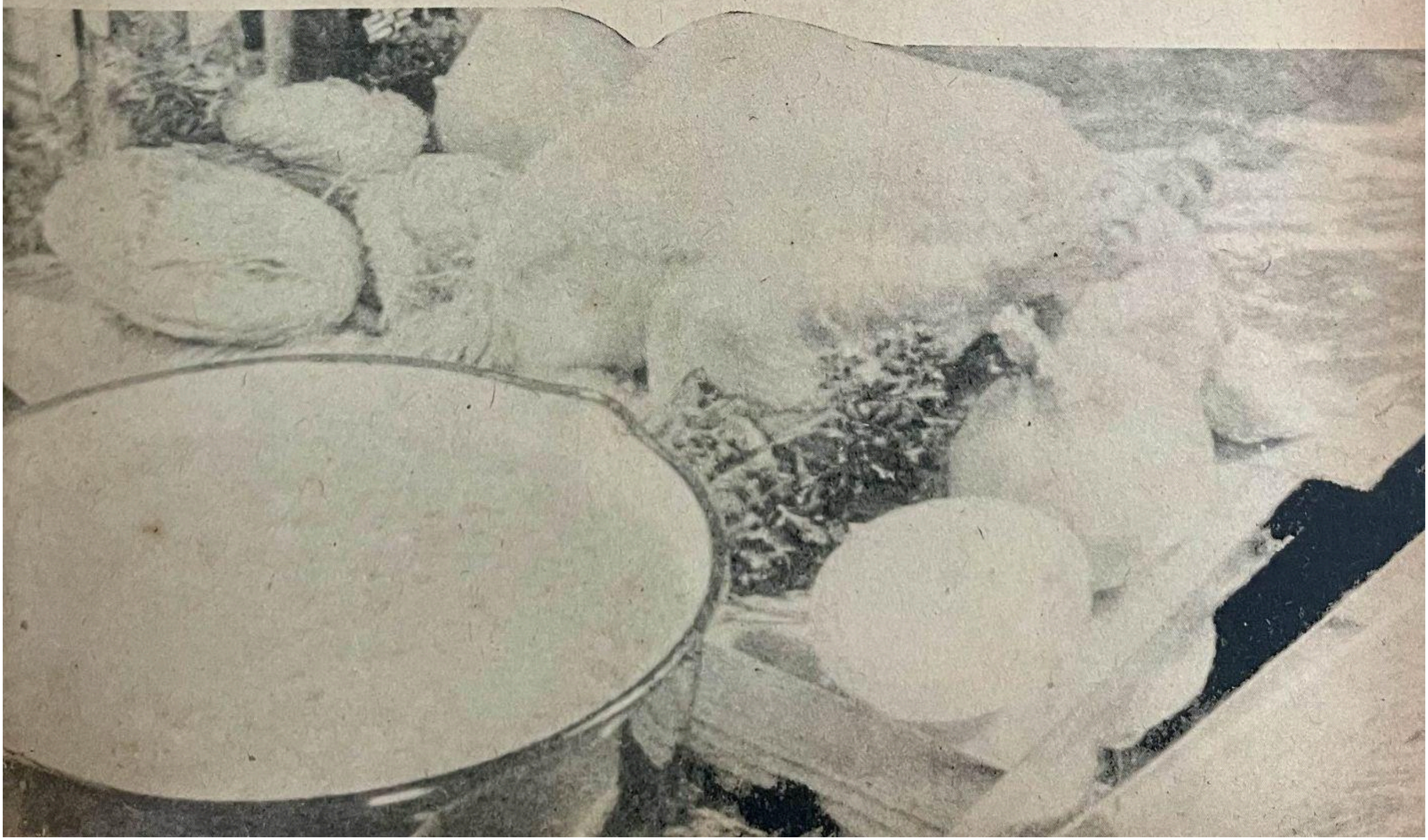
In order to have a balanced diet a good housewife must see to it that the foods she prepares for her family provide nutrients for the body's various needs. She must also keep in mind that no one food has a wealth of all nutrients — not even milk, "the most nearly perfect food." Most foods contain more than one nutrient, and so help in more ways than one.

To get all the nutrients needed, it's wise to choose a variety of foods. It is also important to get enough of the different nutrients from food. A food plan worked out by nutritionists is a handy guide.

You will be off to a good start nutritionally if you plan meals by some orderly plan, so that daily food includes needed quantities of protein, minerals, and other nutrients.

You are following through effectively when you cook by up-to-date methods that keep delicate vitamins and minerals from being wasted.

And, rounding out a family nutrition program, you can



make mealtime interesting and food associations pleasant. For, after all, food must be *eaten* to count for good nutrition. You can, for example . . .

Make a collection of nutritious recipes that the whole family enjoys, and use them reasonably often.

When re-using one of these favorites, vary the meal with different food combinations.

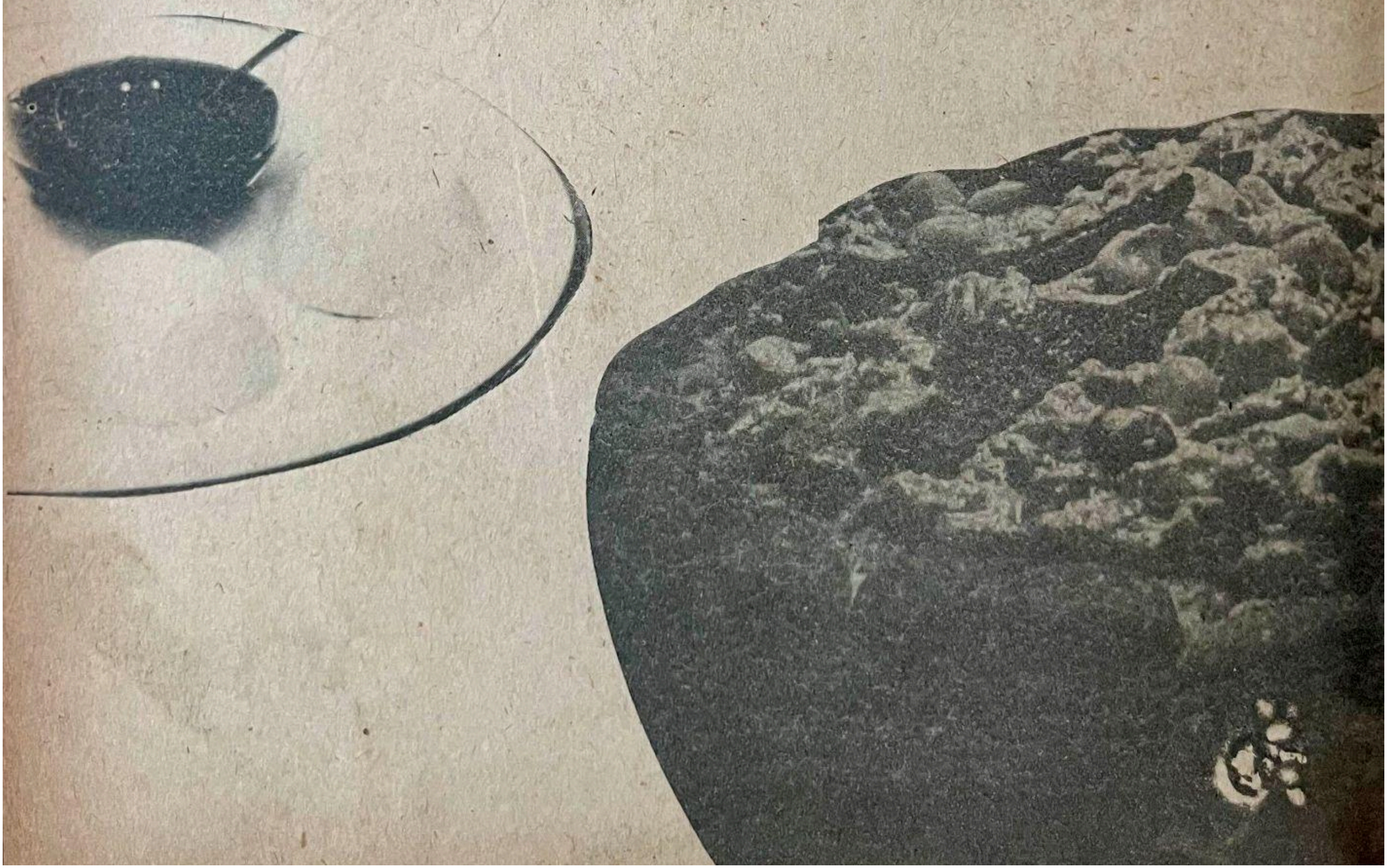
If an inexpensive dish seems dull, vary flavor with seasonings, or combine with other food in different ways.

Use contrast in food colors, flavors, textures. Some bright-colored food, something crisp, for example, can heighten the eye appeal and appetite appeal of a meal.

Give children small servings, remembering that big amounts may be discouraging. It's better for a child to form the habit of cleaning his plate and asking for a second helping, if wanted.

Introduce a new food to a young child in sample tastes, and at the start of a meal when he is hungry . . . and if he doesn't like it at first, try another day.

Go on cooking tastefully and healthfully.

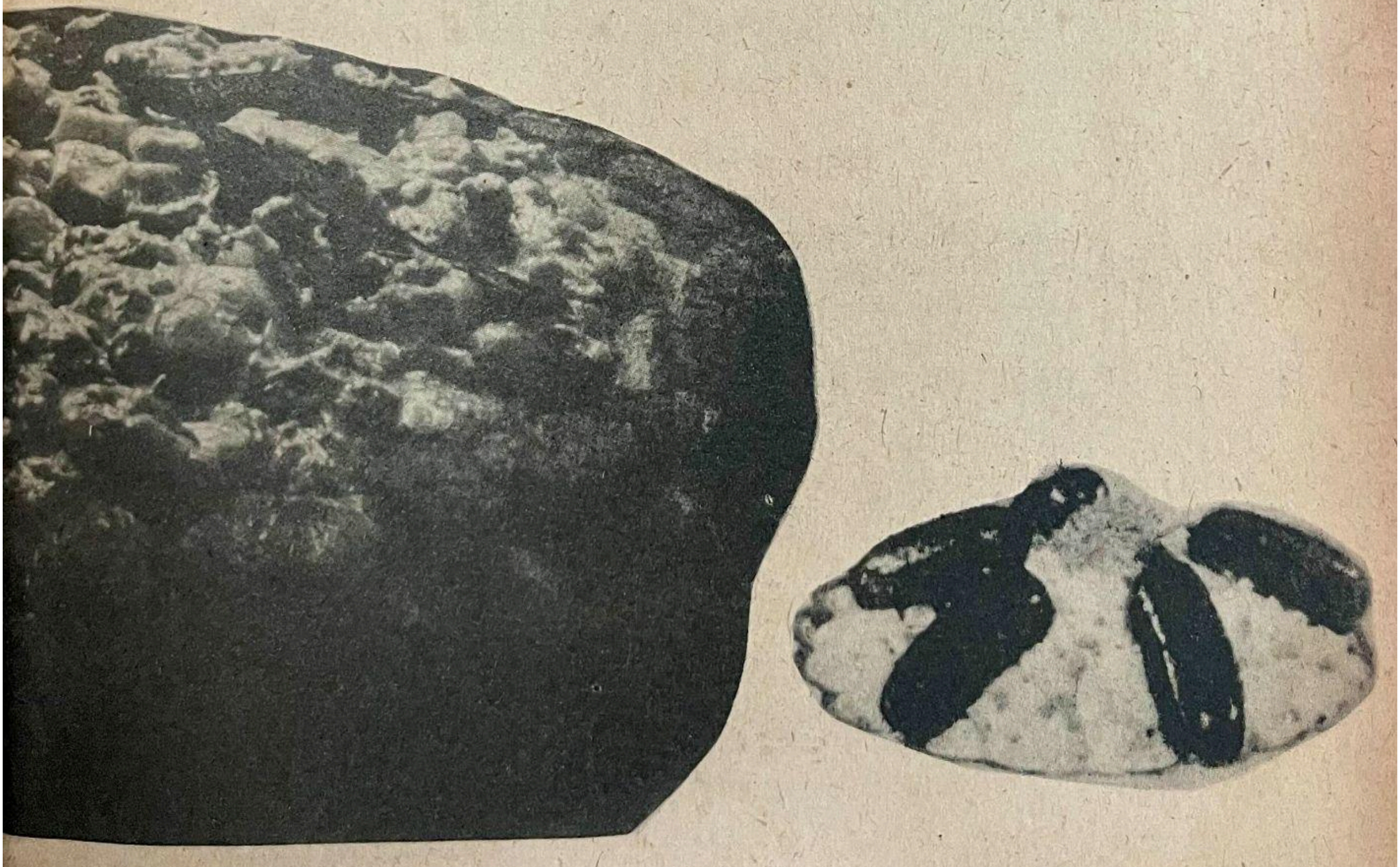


CHINESE CUISINE

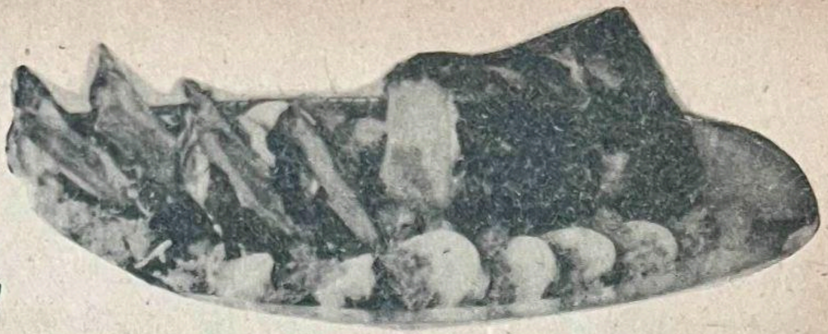
To the Chinese cooking is an art. The Chinese is well-known for his love of good cooking. He is a gourmet when it comes to table dishes. Eating is a joy to a Chinese. Have you observed chinese parties or socials. The highlights is always fine eating at the party tables. When it comes to cooking the Chinese is a peer. Chinese cooks are most in demand in our big and fine eating places. His services are sought for and paid for exceptionally.

Chinese cooking make frequent use of flavoring and seasonings. You are familiar with vetsin. It is the most popular chinese seasoning. The Chinese cook uses ginger, garlic, onions, salt and pepper mixture, anise pepper, clove and cinnamon.

No wonder in our country, most of the eating places or restaurants are chinese-owned or managed. Chinese cooking is also favorite among the Filipinos and other nationals.



CHINESE COOKING



CHINESE SAUTEED SHRIMPS

1 lb. small shrimps
1 tsp. salt
1/2 tsp. sugar
1 egg white
2 tbsps. wine
2 tbsps. diced celery
5 tbsps. oil
1 tbsp. minced cooked ham

Shell and devein shrimps. Chill for half hour. Heat a tablespoon oil in frying pan and saute the celery. Remove after two minutes. Mix the chilled shrimp with lightly beaten egg white and a tablespoon of wine. Heat remaining 4 tablespoons of oil in a clean frying pan. Just before the oil has reached the boiling point, put the shrimp in the pan and stir quickly for a minute. Add remaining tablespoon of wine, salt and sugar. Mix. Add celery. Stir a few strokes. Place on a warm platter and sprinkle with minced ham, and garnish with parsley.

FISH IN VINEGAR SAUCE

4 slices ginger root
1/2 lb. trout or sea bass (including head)
2 tbsps. vinegar
2 tbsps. soy sauce
2 tbsps. sugar
3 tbsps. oil
1-1/2 cup water
1 tbsp. wine
2 tbsps. onion, minced

Boil the water and 2 slices of ginger in a frying pan. Sprinkle and rub salt and pepper on the fish and into the inside of the fish. When water is boiling, slide the fish, head first into it. Bring the water to a boil again. When water boils a second time, take out the fish gently and place on a warm serving platter.

Heat the oil or shortening in a clean frying pan. When oil is very hot, place onion and remaining ginger into pan and fry until the onion is brown. Then add vinegar, soy sauce, sugar and wine. Bring sauce to a boil. Pour this hot sauce on the fish and serve immediately.

SOOCHOW DUCK

4 lbs. duck	**1 slice ginger**
2 tablespoons spice-salt	**2 tablespoons yellow wine**
1-1/2 cups water	**3 tbsps. red rice (for color)**

After cleaning the duck, rub the spice-salt over the whole duck, inside and out. Let it stand in the refrigerator for two days. Boil the duck in boiling water; add ginger, wine and red rice (wrapped in a cotton bag.) Cook for 1/2 hour, turn to small fire and continue cooking for another 1-1/2 hours till the duck is tender. Take out and let it cool off for 1/2 hour. Cut into 1/2 by 1-1/2 inch pieces. Arrange the pieces nicely on a big plate. Heat and thicken the red sauce, then pour on the duck and serve.

HONEY HAM

2 lbs. square ham	**1 egg white**
2 tbsps. brown sugar	**Oil for deep frying**
1 tbsp. honey	

Put the ham in a bowl or casserole; brush with honey and cover with brown sugar. Place bowl in steam pot and steam the ham over high fire for half an hour.

Take out and save the sauce. Brush the ham on all four sides with egg white.

Heat the oil for deep frying until the oil is boiling, then remove the pan from the fire. Put the ham in pan for a few minutes on either side, then transfer the pot containing the ham back into the fire. Leave it on the fire for 3-4 minutes taking care that the ham won't burn.

CHINESE FRIED BEEF FILLET

- 1-1/2 lb. beef fillet (sliced)
- 1 egg white
- 1 small cauliflower (cooked and sliced)
- 1 large onion, sliced
- 1/2 cup lard
- Dash of pepper
- 2 tsps. wine
- 2 tsps. soy sauce
- 2 tsps. cornstarch
- 20 tsps. cold water

Mix beef well with pepper, cornstarch, salt and one teaspoonful wine. Add egg white and water to make the pieces adhere. Heat the lard in a frying pan and when boiling hot, fry the beef for a minute. Remove and drain, leaving a little lard in the pan. Fry the onion to a light brown, then add cauliflower, green pepper and soy sauce. Now replaced the beef in the pan, add 1 teaspoonful wine, stir well with ingredients for about two minutes and serve.

PORK CHOPS ALA CHINOISE

- 8 thick center-cut loin pork chops
- 3/4 cup catsup
- 1/2 cup vinegar
- 3/4 cup water
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 teaspoon paprika
- 2-1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon worcestershire sauce
- 1/2 teaspoon hot pepper sauce
- 4 tablespoons brown sugar
- 1 tablespoon soy sauce

Rub pork chops generously with mayonnaise. Mix the rest of the ingredients in a deep bowl. Blend well. Add mayonnaised pork chops. Let stand in refrigerator for several hours or overnight. Transfer to saucepan and allow to simmer till cooked.

FRIED GREEN BEAN SPROUTS

- 1 lb. bean sprouts
- 1 large stalk celery (shredded, using heart only)
- 6 mushrooms (soaked and shredded)
- 1 tsp. salt
- 1/2 tsp. cornstarch
- 1/2 cup lard
- 1/4 cup stock

Heat lard in frying pan. Add mushrooms and celery, fry a little. Add the sprouts, salt, soy sauce and stock and cook 3 minutes. Now add the cornstarch mixed with a little cold water, stir into the vegetable and serve.

EGGPLANT WITH PORK

- 1/2 lb. eggplant
- 1/4 lb. pork sliced (lean)
- 3 cloves garlic
- 1/2 tsp. salt
- 1 tbsp. sugar
- 2 tbsps. soy sauce
- 2 tsps. cornstarch
- 3 tbsps. water
- 1/2 tsp. monosodium glutamate
- Dash of pepper
- 6 tbsps. oil
- 1/2 cup water
- 1 tsp. wine

Cut eggplant into pieces about 1/2" x 1" and 1/4" thick. Mix pork slices with wine. Heat 4 tbsps. oil in frying pan. Saute the pork when oil is very hot. Add eggplant, salt and 1/2 cup water. Cover and cook over medium fire for 10 minutes until eggplant is soft.

Dissolve 2 teaspoons cornstarch in 3 tbsps. water and add to soy sauce, sugar, monosodium glutamate and 2 tablespoons oil. Pour sauce into center of frying pan, stir quickly and cook until it thickens. Then mix the sauce with the pork and eggplant and stir gently and evenly for a minute or so to mix thoroughly. Remove from pan and serve hot.

CUCUMBER WITH HAM

1-1/2 cup sliced cucumber
3 tbsps. oil
1 tsp. salt
1 tsp. sugar
1/3 tsp. monosodium glutamate
2 tsps. minced ham
2 tbsps. meat stock

Peel cucumber and slice thin. Heat oil in a frying pan until it is hot. Sauce cucumber in pan and stir occasionally over medium fire until it is softened. Add salt, sugar and meat stock and monosodium glutamate. Cover the pan and cook for 5 minutes in low fire. Put into a serving platter and garnish with minced ham.

SAUCE CHICKEN

1 young chicken (3 lbs.)
2 tablespoons sugar
1 teaspoon Australian honey
3/4 cup soy sauce
1-1/2 cups water
1 knob green ginger
1 clove garlic

Put soy sauce, honey, sugar, garlic, ginger, water in large saucepan. Bring to boil and then lower heat. Add whole chicken and simmer 30 to 40 minutes. Remove chicken and cut into pieces, arrange on platter. Serve with a mixture of mustard and olive oil.

CHINESE CHICKEN CURRY

2 tbsp. cooking oil
1 tsp. garlic, crushed
1-1/2 cups onion
1 c. green pepper, diced
1/2 c. flour or cornstarch,
1 c. water and milk
6 c. chicken broth
1 tsp. salt
4 c. chicken meat, boiled and diced

Saute garlic, onions and green pepper. Stir in the cornstarch mixture. Gradually blend in chicken broth, salt and curry powder. Cook until sauce thickens, stirring occasionally. Then add chicken. Continue cooking until ingredients are thoroughly mixed. Serve hot. Makes 8 servings.

CURED SWEET HAM

2 c. white sugar
1-1/2 c. rock salt
4 tbsps. saitpeter
1 bottle dark rum (small)

Sweet Ham
4 c. pineapple juice
1/4 tsp. black pepper-corns
1/4 tsp. cinnamon powder
Brown sugar

Trim the pork of its excess fat and bones and shape to form a leg.

Prick all over with an ice pick to allow the curing solution to be absorbed.

Combine the ingredients for curing and soak the pork in it.

Cover and let stand in the refrigerator to cure for at least 15 to 30 days (the longer the curing, the better, say 2 months.)

Turn everyday, rubbing the undissolved salt into the pork if any.

When cured, remove from the curing solution. Wash very well and scald.

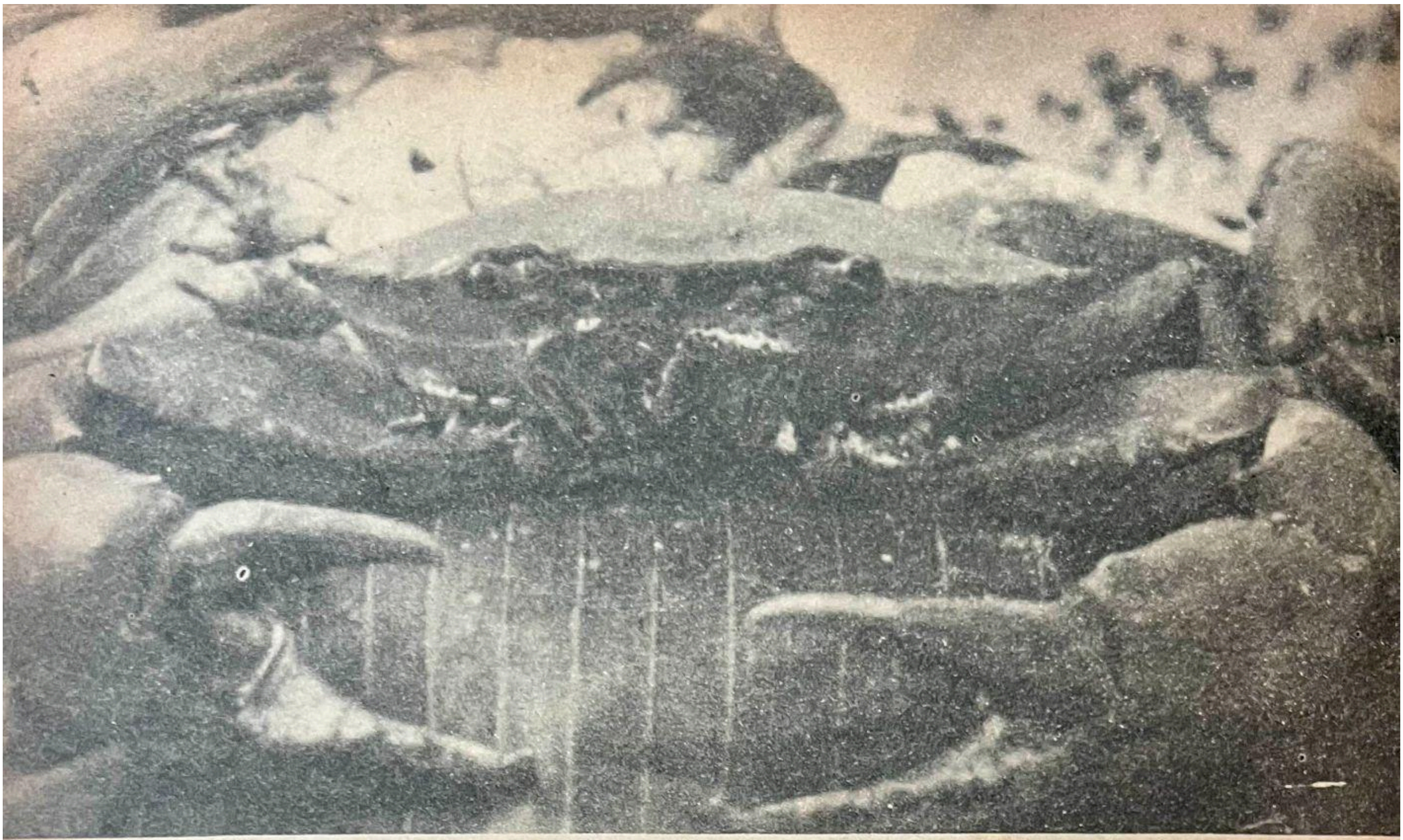
Tie the ham with a piece of string to give it shape.
Cook in the pineapple juice and spices.

Remove and let stand to cool for a few minutes. Peel skin.
Sprinkle all over with brown sugar.

Press on all sides with a red hot iron spatula to give it a golden brown color and a distinctive ham flavor. It could also be browned.

Arrange whole or in slices on a platter.

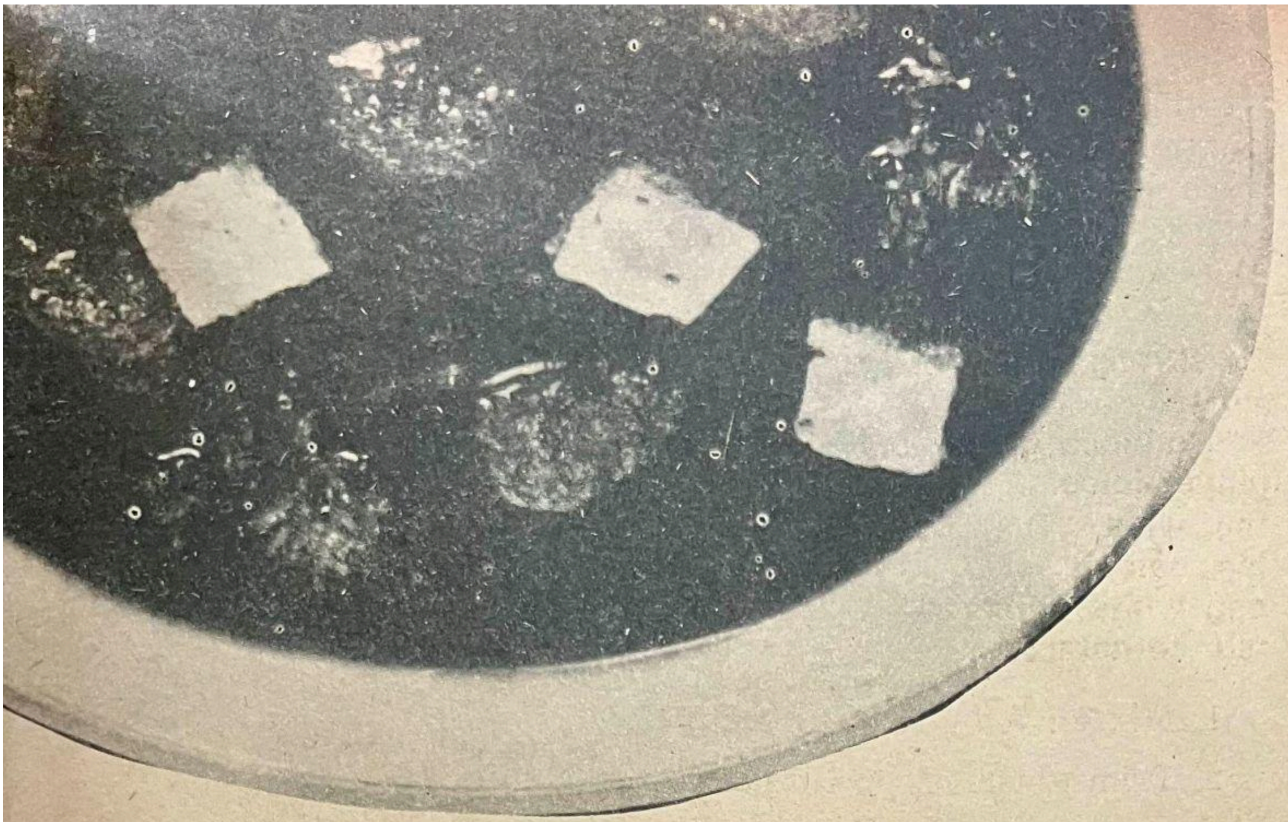
Garnish with pineapple slices, cherries, golden stars of orange peel and parsley.



CRAB OMELET
(EGG FU YUNG)

6 eggs
1 cup flaked crab meat
1 tbsp. soy sauce
1 tsp. salt
1/4 tsp. pepper
1 tbsp. cornstarch
Oil (2 tbsp.)
1 cup shredded bamboo shoot
1/2 cup shredded onions
1/2 cup shredded celery

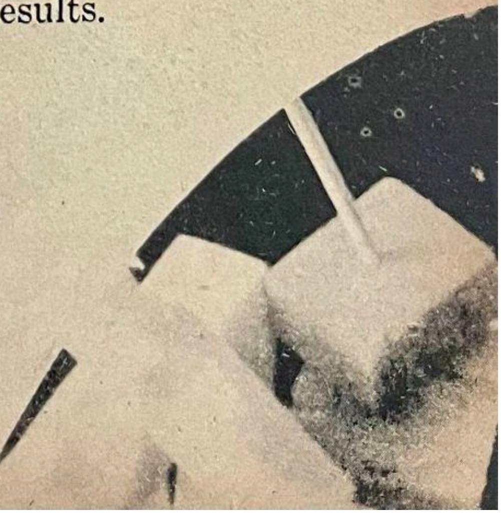
Break eggs into a large bowl. Add crab meat, soy sauce, salt, pepper and cornstarch. Beat with an egg beater 1/2 minute. Heat pan, add oil and saute vegetables 1 minute. Remove and allow to cool. Add vegetables to eggs and crab meat and mix well. Reheat pan, add 2 tbsp. oil and fry in small omelets of two tbsps. each, adding oil as necessary.



SIO MAI

- **1-1/4 cup fresh pork (lean)**
- **1 cup fresh shrimps, chopped**
- **1 cup canned water chestnuts, chopped fine**
- **1/4 cup spring onions, chopped fine**
- **2 whole eggs, slightly beaten**
- **2 tsp. soy sauce**
- **1/2 tsp. black or white pepper**
- **1 med. sized onion, sliced very fine**
- **2 tbsp. finely crushed garlic**
- **2 tsp. finely chopped kuchay**
- **1 tbsp. finely chopped kinchay**

After washing the whole lean pork, chop with a cleaver (it tastes better when chopped than ground) and combine with all other ingredients except the wrappers and the sesame oil. Place a teaspoon of mixture in each Sio Mai wrapper (which can be bought either at Noodle factories or at leading supermarkets) and form like a bonnet. Brush each with sesame oil and place in a bamboo steamer which has been placed in turn in a deep pot or pan with water set to boil. Cover tightly and serve when wrappers appear transparent and the dish becomes fragrant. Dip in mixture of soy sauce with calamansi for best results.



SHRIMP TOAST

A

1 lb. shrimp, shelled and minced
1 tsp. minced ginger or ginger juice
1 tsp. wine
1 tsp. salt
1 egg white, unbeaten
1 tsp. cornstarch
8 Dash monosodium glutamate
slices bread, cut to sandwich thickness

B

2 tsps. chopped ham
2 tsps. chopped parsley
Oil for deep-frying

1. Mix all A ingredients thoroughly.

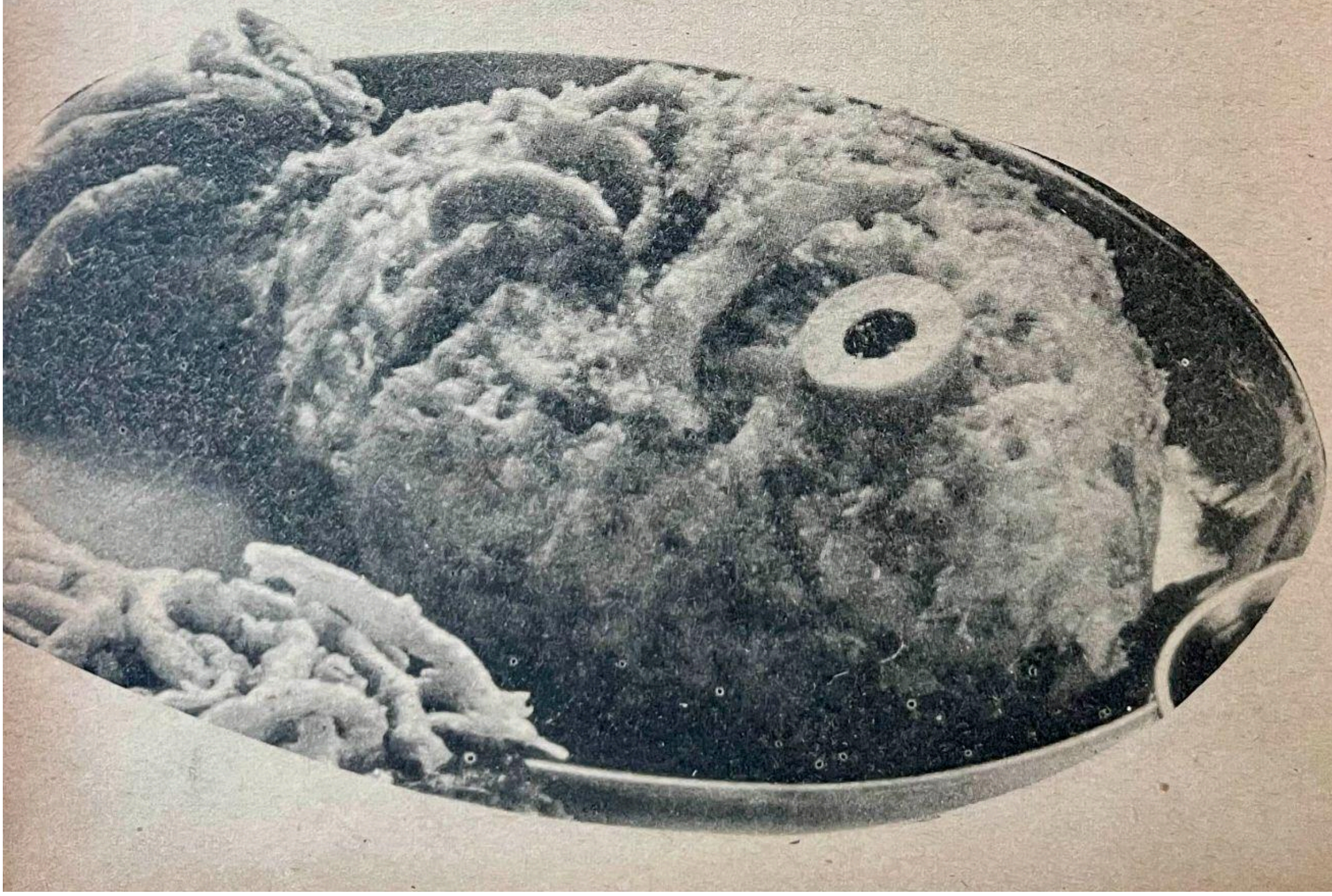
2. Trim crusts off bread and cut each slice into four equal circles.

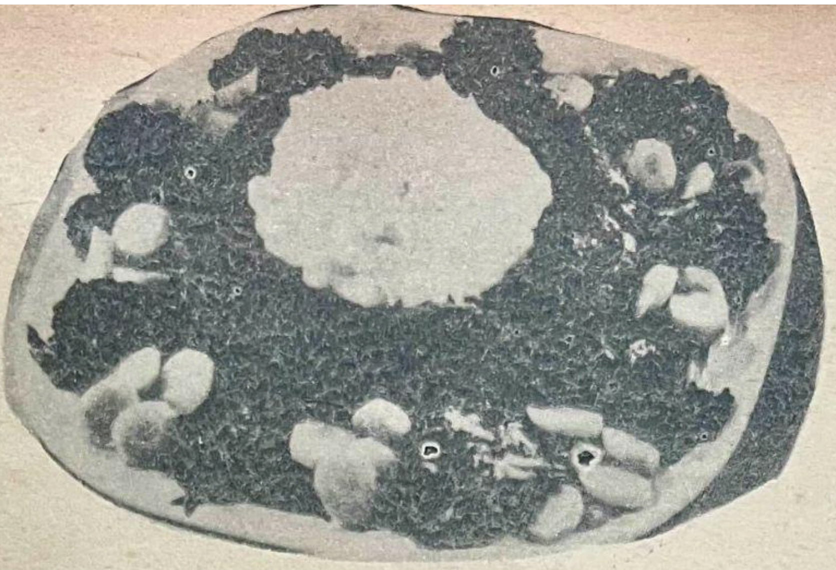
3. Shape small mound of A mixture on each round of bread.

4. Sprinkle chopped ham and parsley over mounds of shrimp mixture. Press down lightly to make garnish adhere.

5. Heat oil and deep-fry bread rounds, first with shrimp-mixture side down,then with bread side down. Fry until bread turns golden brown. Remove from oil and serve hot.

Note: Shrimp toast makes an excellent hors d'oeuvre for a cocktail party.





LIVER AND OTHER MEAT ORGANS

LIVER

Beef, calf, lamb, and hog liver vary considerably in price, but all can be prepared in tasty ways. Liver has a delicate flavor if properly handled. Scald or pour boiling water over lamb and hog liver before cooking, and drain. Beef and calf liver do not require scalding. Do not overcook liver; use moderate heat and cook only long enough to change the color.

Fried with bacon.—Lay strips of bacon in a cold or moderately hot frying pan, and cook slowly, turning frequently. As soon as the bacon is done, drain on paper to take up the fat, and keep hot.

Sprinkle slices of liver with salt, pepper, and flour and cook in the bacon fat at moderate heat until the liver is lightly browned. Serve surrounded by the crisp bacon on a hot platter.

Scalloped with potatoes.—Sprinkle 1 pound sliced liver with salt, pepper, and flour. Brown lightly in fat, and cut into small pieces. Pare and slice 6 or 7 potatoes. Put a layer of the potatoes into a greased baking dish, sprinkle with salt and pepper, add some of the liver, together with a few slices of onion, and continue until all are used, making the top layer potatoes. Cover with milk, put on a lid, and bake for about an hour in a moderate oven (350° F.), or until the potatoes are tender. At the last, remove the lid and allow the potatoes to brown on top.

Cooked rice, macaroni, or noodles may be used instead of potatoes.

Liver loaf.—Fry 1 to 1-1/2 pounds of liver in fat just long enough to brown on both sides, then grind or chop it very fine. Cook a sliced onion and 3 or 4 stalks of chopped celery for a few minutes in the drippings and mix with the liver and 1 quart mashed potatoes, cooked rice, or oatmeal. Season with salt and pepper to taste. If desired, add fresh or canned tomatoes, catsup, or chili sauce. Place the meat mixture in a greased shallow pan and bake in a moderately hot oven (375° - 400° F.) for about an hour.

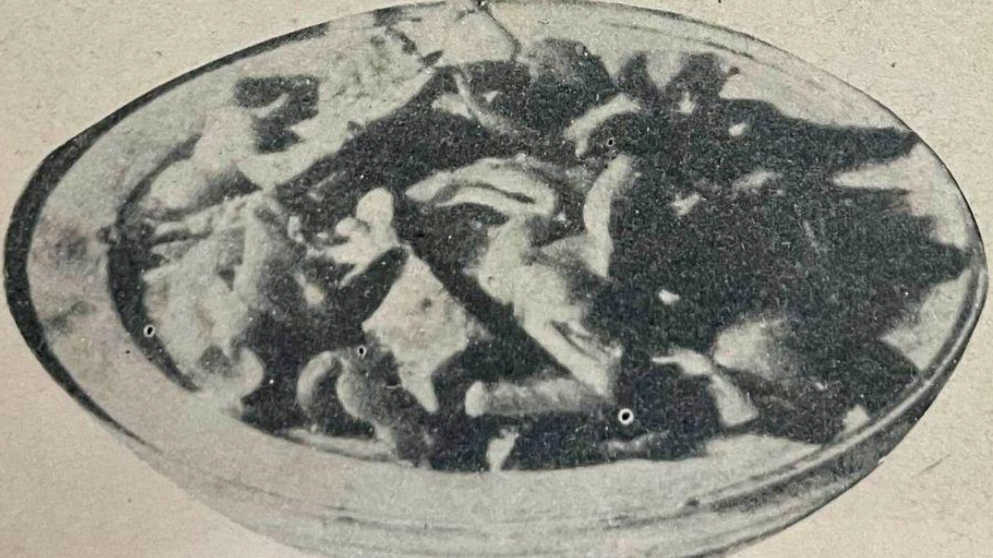
Liver paste.—Broil or fry slices of liver, or simmer the whole piece in water until tender. Mash, grind, or chop fine the cooked liver, and mix with fat and seasonings—use 2 tablespoons each of chili sauce or catsup, chopped celery, and fat to 1 cup of ground liver. Add salt and pepper to taste. Use the liver paste as spread for sandwiches.

KIDNEY STEW

Wash and skin a beef kidney; cut the fat, blood vessels, and connective tissue. Cover with cold water, heat slowly to boiling, discard the water, and repeat the process until there is no strong odor. Then add about 1 quart of fresh water and simmer the kidney until tender. Remove the kidney and cut into small pieces. Cook diced potatoes and a small onion in the broth if the flavor is mild; if it has a strong flavor, cook the vegetables in water instead. Pour off the liquid and measure it. To each cup, allow about 1/2 tablespoon of flour for thickening. Blend the flour with an equal quantity of fat and add the liquid gradually with constant stirring over low heat. To this sauce add the potatoes, onion, and kidney. Season to taste with salt and pepper, and if desired, chopped parsley and lemon juice.

BROILED KIDNEYS

Select calf or lamb kidneys for broiling. Wash kidneys, remove the outer membrane, split through the center and cut out the fat, blood vessels, and connective tissue. When ready to cook, dip the kidneys in melted fat, lay the pieces in a shallow pan, and broil for 10 to 20 minutes, turning for even cooking. Sprinkle boiled kidneys with salt and pepper, and serve on toast on a hot platter. If desired, garnish with parsley and thin slices of lemon.



BRAISED STUFFED HEART

Select 1 beef heart, or 2 or 3 calf hearts. Wash and slit the heart, remove gristle and blood vessels. For the stuffing, chop an onion and a stalk of celery and cook in 2 tablespoons of fat, add 2 to 3 cups of soft bread crumbs, and season to taste with salt and pepper. Thyme goes well with heart—add a pinch to the stuffing.

Fill heart with the stuffing; sew up the slit. Brown the heart on all sides in fat; place it in a baking dish or casserole; add 1/2 cup of water, cover closely, and cook until tender in a very moderate oven (about 300° F.). A beef heart will require about 4 hours. A calf or a hog heart will cook tender in much shorter time—about 1-1/2 hours. Make gravy of the drippings.

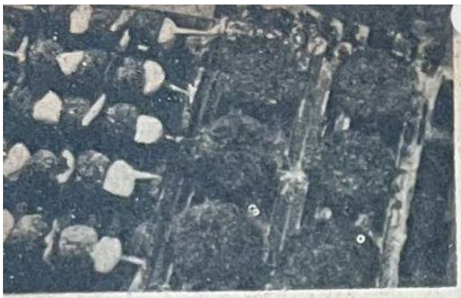
BEEF HEART AND LUNG

Beef heart and lung go well together in stew, loaf, and pickle. To prepare heart and lung, wash thoroughly, then remove gristle and the larger blood vessels. Simmer in water to cover. A beef heart and an equal weight of beef lung will probably require 4 or 5 hours to cook tender. If possible let the cooked meat cool in the broth.

In stew with onion gravy.—Make onion gravy as follows: Cook a finely chopped onion for a few minutes in 1 tablespoon fat. Then stir in 3 tablespoons flour. Add gradually 2 cups of the broth in which the heart and lung were cooked. Dilute the broth with water if the flavor is strong. To the onion gravy add 3 pints of diced cooked heart and lung and heat mixture thoroughly. Season to taste with salt and pepper, and if desired add also several peppercorns, about 1/4 teaspoon thyme, and a dash of red pepper. Serve piping hot.

In loaf or "pudding."—Cook a finely chopped onion for a few minutes in 2 tablespoons fat in a large pan. Add 5 cups ground cooked heart and lung and 1 cup of the broth in which the meat was cooked. Stir in 2 egg yolks, beaten, and cook slowly for a few minutes longer. Season to taste with salt and pepper, and if desired add a little ground mace and chopped parsley. Place the hot mixture in a greased bread pan and chill.

In sweet-sour pickle.—To 1 cup of the broth in which heart and lung were cooked add 2 tablespoons vinegar, 2 tablespoons brown sugar, 1 tablespoon molasses, 1/4 teaspoon cinnamon, 1 teaspoon pickle spices, and 1/8 teaspoon mustard. Boil the mixture for a few minutes, then add 2 cups diced cooked heart and lung and simmer until hot throughout. Season to taste with salt. Serve hot, or chill and serve cold.



BEEF TONGUE

If using a fresh tongue, wash, cover with water, add an onion, a sprig of parsley, a bay leaf, several whole black peppercorns or whole cloves, and salt. Simmer (do not boil) for 2-1/2 to 3 hours, or until the meat is tender. Skin the tongue, slice, and serve hot, or allow it to cool in the liquid after skinning, and serve cold.

If tongue is smoked, soak it overnight. Put on to cook in water to cover, bring to the boiling point, and discard the water. Repeat several times if the water tastes very salty. Add fresh water and cook slowly until the tongue is tender.

CALF OR LAMB TONGUE WITH VEGETABLES

Select a calf tongue or several lamb tongues. Cover with water, bring to the boiling point, and simmer for about 10 minutes. Drain, remove skin and gristle, and lay the skinned tongue in a large baking dish. In the meantime, cook about 1-1/2 quarts of sliced vegetables (onion, celery, carrots, potatoes, and green pepper) in about 2 tablespoons of fat for a few minutes. Season with salt and pepper. Put the vegetables over and around the tongue in the baking dish and add 1 cup hot water. Cover the baking dish and cook in a moderately hot oven (375° F.) for about 1 hour or until the meat is tender. Make gravy with the drippings.

SWEETBREADS—BROILED, FRIED, CREAMED, IN SALAD

Wash the sweetbreads. Whether sweetbreads are to be broiled, fried, creamed, or used in salad, simmer them for about 20 minutes in salted water to cover, then allow them to cool in the liquor. Remove the skin and tough membranes, leaving tender, lobe-shaped pieces of delicate flavor. Save the broth.

Broiled.—Keep the cooked lobes whole, place them in a shallow pan, pour over them melted fat, and brown on all sides in the broiler.

POT ROAST OF BEEF OR VEAL WITH VEGETABLES

Select a piece of beef or veal weighing 3 to 5 pounds from the chuck, shoulder, rump, or round. Sprinkle the meat with salt, pepper, and flour, and tie or skewer into compact shape. Brown the meat in a heavy pot; use suet if the meat is very lean. Then slip a low rack under the meat to keep it from sticking to the pot. Add 1/2 cup of water, cover with a close-fitting lid, and cook slowly over a low fire for 2-1/2 to 3 hours or until the meat is tender when pierced with fork. During the last hour or when the meat is almost tender, add onions, carrots, or potatoes. Cook until both meat and vegetables are tender, then remove them to a serving platter and keep hot. Make gravy with the drippings.

Oven pot roast.—After seasoning the meat, by pieces of suet, salt pork, or bacon over the top. Put the meat on a rack in a roasting pan, cover closely to hold in steam, and cook until tender in a moderately hot oven (about 375° F.). This will probably take from 1-1/2 to 2-1/2 hours, depending on the size and tenderness of the cut. About 35 minutes before the meat is done, put pared raw potatoes of medium size into the pan around the meat. Turn the potatoes in the drippings and sprinkle with salt. Cover and cook until meat and potatoes are tender, then remove the lid to allow them to brown before serving. Make gravy of the drippings.

BRAISED SHORT RIBS OF BEEF

Select 3 to 4 pounds of well-fleshed short ribs of beef. Cut into individual servings and sprinkle with salt, pepper, and flour. Brown well on all sides in suet or other fat. Add 1 cup of water, cover closely, and bake until tender in a moderately hot oven (375°—400°F.)—allow about 1-1/2 to 2 hours. Or, finish the cooking on top of the stove. Make gravy with the pan drippings.

BRAISED STUFFED SHOULDER OF VEAL

4-to 6-pound shoulder of veal	1 small onion, chopped
1/4 pound suet or mild salt pork	4 cups soft bread crumbs
	1/4 teaspoon thyme

Remove the bones from the shoulder. Save the bones for broth.

For the stuffing, cut the suet or salt pork into small pieces and fry crisp. Add the onion and cook for a few minutes, stir in the bread crumbs and seasonings. Mix well and continue cooking until hot.

Sprinkle the inside of the meat with salt and pepper. Pile in the stuffing. Roll the stuffed shoulder compactly, sew or tie in place, and sprinkle with salt and pepper, and if desired with flour also. Place the roll on a rack in a roasting pan, and put several pieces of suet or salt pork on top. Cover the pan, cook in a moderately hot oven (about 375° F.) until the meat is browned and tender—about 2-1/2 hours. Make gravy with the pan drippings. Remove the strings before serving.

CALLOS CON GARBANZOS

1 kilo goto
1 pata (cow's feet)
4 tbsps. olive oil
1 small head garlic
1 big onion
2 chorizos de Bilbao
1 small can tomato puree
1 small can pimientos morrones
1/2 cup green olives
2 cups cooked garbanzos
Salt & pepper to taste

Clean goto very well. Place pata and goto in deep saucepan and add just enough water to cover. Bring to a boil and let simmer, well covered, till very tender. Remove bones from pata and slice into 1 inch x 1/2 inch pieces. Cut goto into 1 inch x 1/2 inch pieces. Remove fat or "cebo" from liquid. Simmer down liquid to only 2 cups. Chop the garlic fine, peel and slice onions. Slice chorizo de Bilbao crosswise.

Fry garlic in olive oil till golden brown. Remove from oil and fry onions. Add tomato puree and 1 cup of the liquid in which pata and goto were cooked. Add pimientos, fried garlic, goto and pata, olives and garbanzos. Add rest of the liquid and salt and pepper to taste. Simmer 5 minutes. Serve hot.

SOY MEAT LOAF

3/4	pound ground meat
1-1/2	cups vegetable liquid, tomato juice, or milk
2	ounces salt pork, diced (about 1/3 cup)
2	tablespoons chopped onion
1/2	cup chopped celery
3/4	cup soy grits
2	tablespoons chopped parsley
2	teaspoons salt
3/4	cup bread crumbs
1/8	teaspoon pepper

Select one kind of meat or a mixture of two or more kinds.

Blend vegetables liquid, tomato juice, or milk with the meat.

Fry salt pork until crisp and remove from fat. Cook onion and celery in the fat for a few minutes.

Add all the ingredients to the meat and mix well.

Pack mixture into a loaf pan or mold it into a loaf and place in an uncovered baking pan.

Bake loaf in a moderate oven (350° F.) until well done and brown—about 1 hour.

Serve with baked potatoes or squash, peas, green salad, with apple crisp or peach cobbler for dessert.

To vary the flavor, serve the loaf with brown gravy or tomato sauce.

A "BOILER DINNER"

2 or 3 pounds pork spareribs
1-1/2 cups hot water
4 medium-sized potatoes, pared and halved
1-1/2 cups canned or cooked green beans and liquid
Salt and pepper

Brown spareribs in frying pan without added fat. Add water and simmer about 1 hour.

Add potatoes to meat and cook until tender—about 25 minutes.

Add beans and liquid the last 10 minutes of cooking. If raw beans are used, add with potatoes.

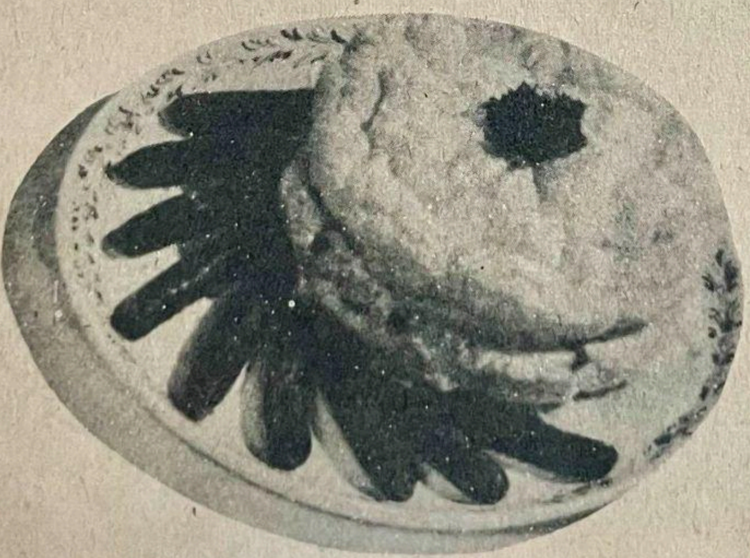
Season with salt and pepper. Skim off excess fat before serving.

Serve with crisp lettuce, tomato, and celery salad, and apple betty with lemon sauce for dessert.

Beef short ribs may be used with longer cooking.

Corned beef, ham hock, or ham bone may be used in place of the spareribs. Cover with water and simmer about 3 hours or until tender. Omit salt, and continue as above. Good with sauerkraut.

A variety of vegetables may be used in a "boiled" dinner. In addition to potatoes, use onions, large pieces of carrot, and wedges of cabbage. Add cabbage about 20 minutes before serving, as it cooks more quickly than the other vegetables.



HUMBA HOMONHON

2 kilos bacon side of pork with skin (liempo)
2 cubes bean curd (tausi)
2 tbsps. black soy beans
1 cup — vinegar
1/2 cup — water
1 head garlic, minced
1/4 cup — sugar
2 bay leaves
1 piece — cinnamon stick
1/2 tbsp. — peppercorns

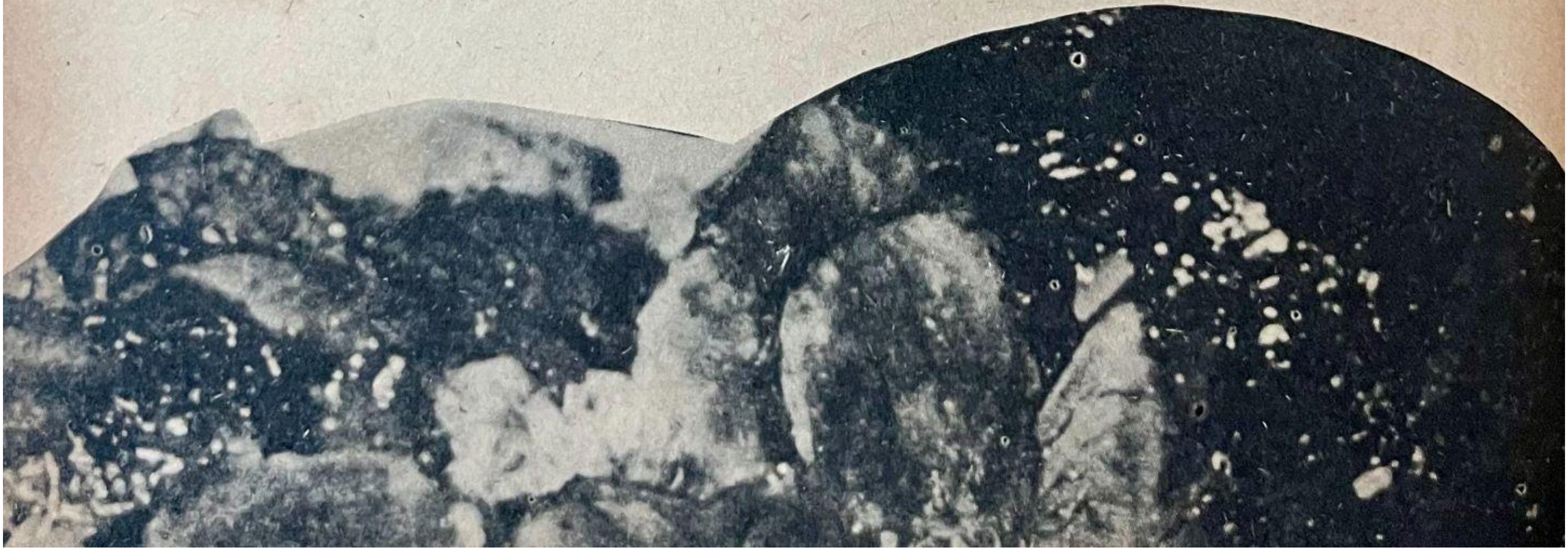
Clean pork and boil for about 10 minutes. Cut into 2-inch cubes and make one centimeter slits on the skin of the pork. Set aside.

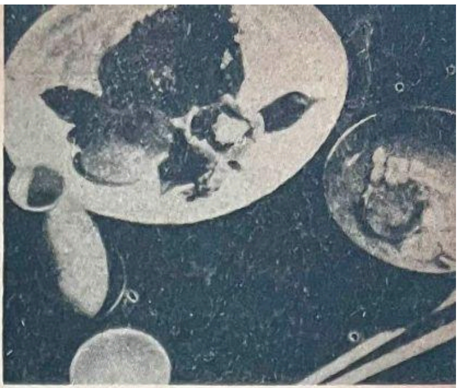
Mash the tausi and black soy beans and mix well with the rest of the ingredients. Add pork and marinate for at least 2 hours. Cover and boil in slow fire till done.

CORNED BEEF, BACHELOR STYLE

1 can corned beef
1 very large potato, cut in cubes and fried
1 heaping tbsp. garlic, crushed
1/4 small cabbage or about 1 cup, cut to desired sizes
3 tbsp. fat
1/4 cup onion, sliced fine
2 cups water

Heat lard in a frying pan. Add garlic and saute until brown. Put in onions and cook until limp. Add in corned beef, potatoes and cabbage. Mix well. Pour water and cover. Cook over slow fire until liquid is gone and fat comes out.





BRAISED SHORT RIBS OF BEEF

4 lbs. short ribs of beef
A little beef suet
8 small potatoes, peeled
2 medium-sized onions
2-1/2 tbsps. flour
1 pint water

Order the short ribs cracked by the butcher so the flavor and food value of the marrow can comeout, and the calcium in which the bones are rich will cook out into the gravy. Dust with the flour. Fry out the beef suet until the fat runs, or melt some fat in a large frying pan or heavy kettle. Dust the short ribs of beef with salt and pepper and slightly brown it. Add water; cover and cook very slowly on top of the stove for 2 hours. If desired, at the end of 1 hour put in the peeled potatoes for the meal. Then continue cooking.

SWEET-SOUR SPARERIBS, CHINESE STYLE

2 pounds spareribs
1-1/2 cups water
1/4 cup raisins
1/2 teaspoon salt
2 green peppers, cut in 6 pieces each
1-1/2 tablespoons cornstarch
1/4 cup sugar
1/4 cup vinegar
Soy sauce

Cut spareribs into serving portions and brown in a frying pan over moderate heat—about 5 minutes on each side.

Add 1/2 cup of the water, the raisins, and salt.

Cover pan tightly and cook over very low heat 20 minutes.

Add green peppers. Stir in cornstarch blended with sugar, vinegar, and 1 cup of water.

Cover and continue cooking over low heat for 30 minutes. Stir occasionally and add more water as needed to prevent drying. Before serving add soy sauce to taste.

Serve with rice or hominy grits and a green salad. Baked pears would make a good dessert.

Baked Spareribs.—Bake spareribs in a moderate oven (325° F.) until the meat is tender—about 1-1/2 hours. Baste several times with a barbecue sauce, if desired.

SAUSAGE WITH SWEET POTATO AND APPLE

1/2 pound sausage	1 tablespoon flour
2 medium-sized sweet-potatoes	2 tablespoons sugar
3 medium-sized apples	1/2 cup cold water
1/2 teaspoon salt	1 tablespoon sausage drippings

Cut link sausage into 1/2 inch pieces. Fry until well done. If bulk sausage is used, shape it into small balls before frying or break it up as it cooks.

Pare and slice potatoes and apples.

Mix salt, flour, and sugar together and blend with cold water.

Arrange layers of potatoes, apples, and sausage in a baking dish, pouring some of the flour and sugar mixture over each layer. Top the dish with apples and sausage, and add drippings.

Cover; bake in a moderately hot oven (375° F.) until apples and potatoes are tender—about 45 minutes.

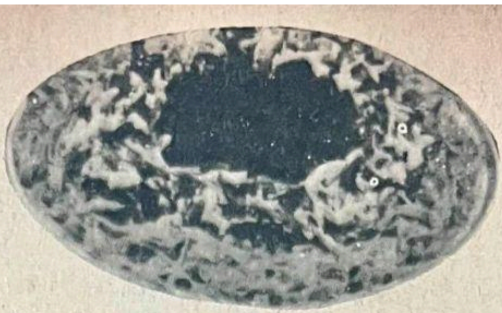
Serve with a crisp green salad. For dessert have a well-chilled creamy rice pudding made with eggs and milk to supplement the protein from the small serving of meat.

Thin slices of smoked shoulder, or shoulder pork chops sliced thin and well browned, may replace the sausage.

ROAST BEEF WITH PINEAPPLE

7 kilos sirloin steak, cut into individual slices	pepper
	Salt to taste
8 slices canned pineapple, drained	2 tbsps. sugar
	Pineapple juice from drained pineapple slices
1 tbsp. vetsin	
Dash of ground, black	2 cups water

Season the meat with salt, pepper and vetsin. Then marinate in pineapple juice and sugar for 10 minutes.



FISH AND SEA FOODS

Fish—fresh, frozen, canned, or salted—provides high quality protein. And it lends interesting flavor and variety to meat planning.

Different kinds of fish vary greatly in price per pound. Some cost twice as much as others, depending on the season, local supply, and the preference of buyers.

Some fish contain more fat than others. Fat fish are usually best for baking and broiling. And lean fish are better for cooking in water or steam, or for making chowders.

Frozen fish are a wonderful boon to inlanders. They give us the fish we want at any time of year. And the flavor is fresh. Before cooking a frozen fish, thaw it slowly if there is time—in a refrigerator or other cold place. If you are in hurry, cook it slowly for a longer period. Never permit frozen fish to thaw and refreeze.

LAPU-LAPU SUPREME

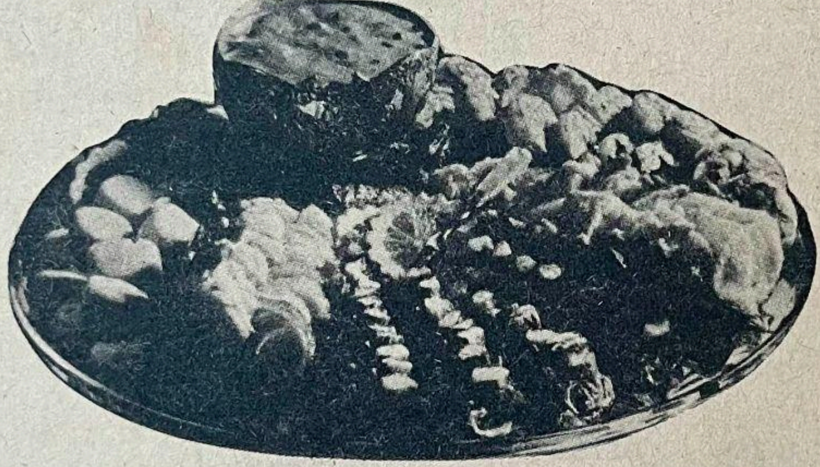
4 medium sized tomatoes	**3 tbsps. oil**
2 med. sized onions (chopped)	**1 big lapu-lapu**
2 cups water	**2 tbsps. butter**
	3 tbsps. refined sugar

Clean the fish well, dredge with lemon juice, salt and pepper and place in a baking dish. Add the 2 cups water, 3 tbsps. oil, chopped onion, tomato, 2 tbsps. butter and grated cheese. Bake in a moderate oven for about 25-30 minutes. When done, place on a serving dish and pour sauce. Tap with hands of cooked carrots, beets, egg white, pickles. *Sauce*: Melt in a pan 1 tbsp. flour and add the fish stock. Season with salt and pepper and stir over slow fire 'til it boils.

FISH IN BEER SAUCE

6 slices fish (lapulapu, tanguingue or apahap)
2 tsps. salt
1/4 tsp. pepper
4 tbsps. butter
4 tbsps. minced onion
2 tbsps. flour
2 cups beer
1 tbsp. sugar
2 garlic cloves
1 tbsp. lemon juice

Wash and dry the fish; sprinkle with salt and pepper. Melt the butter in a deep skillet; saute the onion for 5 minutes. Add the flour, stirring until golden. Gradually add the beer, stirring constantly to the boiling point. Arrange the fish in the sauce and add sugar and garlic cloves. Cover loosely and cook over low heat 30 minutes. Transfer the fish to a platter; stir the lemon juice into the sauce. Taste for seasoning and pour over the fish.



PRAWNS CONTINENTAL STYLE

12 large prawns
1 cup mayonnaise
1/2 cup chopped pickles
2 tsps. refined sugar
1 tsp. finely chopped olives
1 tbsp. finely chopped parsley
1 tbsp. finely chopped onions
Salt to taste

With a sharp kitchen knife cut prawns from the anterior of the body to the tail. Brush with melted butter. Broil until meat and shell are pink. Serve with tartar sauce.

FISH AND NOODLES

3 tablespoons chopped onion
1/3 cup diced celery
1 tablespoon fat
1/2 teaspoon salt
Pepper
1-2/3 cups cooked or canned tomatoes
1-2/3 cups cooked noodles
2 cups flaked cooked fish
Crumbs mixed with melted fat

Cook onion and celery in fat a few minutes.

Add salt, pepper, and tomatoes and heat to boiling. (2 cups raw tomatoes, cut in pieces, may be used instead of 1-2/3 cups cooked.)

Put alternate layers of noodles, fish, and hot tomato mixture into a greased baking dish. Top with crumbs.

Bake in a moderate oven (350° F.) 20 minutes or until the mixture is heated through and the bread crumbs are browned.

Serve with snap beans or asparagus, a green salad with a tangy horseradish dressing, and cup cakes.

Use cooked spaghetti or macaroni instead of noodles.

Instead of tomatoes, use cheese sauce—a thin white sauce to which 1/2 cup grated sharp cheese has been added for each cup of sauce. Sprinkle with grated cheese the last 10 minutes of baking.

JELLIED

1 tablespoon gelatin
1/4 cup cold water
1/2 teaspoon salt
1/2 teaspoon celery seed
1/4 cup vinegar
1/4 cup water
2 eggs, beaten
2 cups flaked cooked or canned fish

Soften gelatin in cold water. Add seasonings, vinegar, and water to eggs. Cook over boiling water until thickened, stirring constantly.

Add gelatin and stir until it is dissolved.

Add fish and mix thoroughly. Pour into individual molds or large ring mold and chill.

Serve scalloped potatoes with chives, cooked carrots, and for dessert floating island with a topping of a bright, tart jelly.

FRIED FISH CUTLETS

1 to 1-1/2 pounds fresh fish cutlets (salmon, cod, rosefish, or haddock)
1 egg
1 tablespoon water
3/4 tablespoon salt
1 cup fine bread crumbs
Fat

Cut fillets in serving pieces. Beat egg, water, and salt. Dip the fish in this mixture and roll in crumbs.

Heat fat in frying pan, put in the cutlets, reduce heat, and cook slowly for 10 to 15 minutes, until the fish is done through and golden brown on both sides.

Drain on absorbent paper. Garnish with lemon and parsley.

Serve with baked potatoes, creamed onions, asparagus salad or mixed vegetable salad, and gelatin fruit dessert.

Baked Fish Cutlets.—Place the crumbled fish in a greased shallow baking pan, allowing space between pieces. Dot with fat and bake in a hot oven (500° F.) 10 minutes.

Fish Baked in Milk.—Omit egg and crumbs. Place pieces of fish in shallow baking pan. Pour over a little top milk, sprinkle with salt, and dot with fat. Bake in a moderate oven (350° F.) until fish is tender—about 25 minutes.

FISH PATTIES

1-1/2 cups flaked cooked or canned fish
1-1/2 cups dry mashed potatoes
1 tablespoon finely chopped onion
1/2 teaspoon salt
1 egg
Pepper
Flour
Fat

Combine all ingredients except flour and fat.

Shape mixture into patties, roll in flour, and brown in fat.

Serve with pickled beets, a green vegetable, celery, and for dessert molded cornstarch pudding with a sauce of cooked dried apricots.

Fish-Potato Puffs.—Add 2 egg yolks instead of a whole egg to the mixture of fish and potato; add seasonings and fold in stiffy beaten egg whites. Put mixture into greased custard cups and bake in a moderate oven (350° F.) 30 minutes.

FISH TABLEAU

1 regular-size lapulapu or mayamaya
1/2 cup Miracle Whip salad dressing
1/2 cup mayonnaise
2 egg yolks
1 oz. cheddar cheese
2 hardboiled eggs, chopped
Salt to taste

Clean and salt the fish. Then cook fish — parboiled or baked. When done, set aside. Prepare sauce. Beat egg yolk, mayonnaise and salad dressing together. Add chopped hardboiled eggs and cheddar cheese. When about to serve, place fish on platter and pour sauce over it.

CRAB SPAGHETTI

1 package spaghetti
1-1/4 cups condensed cream of mushroom soup
3 tbsps. butter
1 cup milk
1/2 lb. cheese, grated
1-1/2 cups flaked crab meat
Pepper to taste

Cook the spaghetti in boiling, salted water until tender. Drain. Heat the soup and keep stirring until smooth. Add the butter and milk. When hot, remove from fire and stir in grated cheese. Combine this cheese sauce with spaghetti, crab meat and season with pepper. Place in a shallow greased casserole and sprinkle with remaining cheese. Bake in hot oven. This may be varied by using 1/2 cup cooked rice instead of spaghetti.

BACALAO A LA VISCAINA

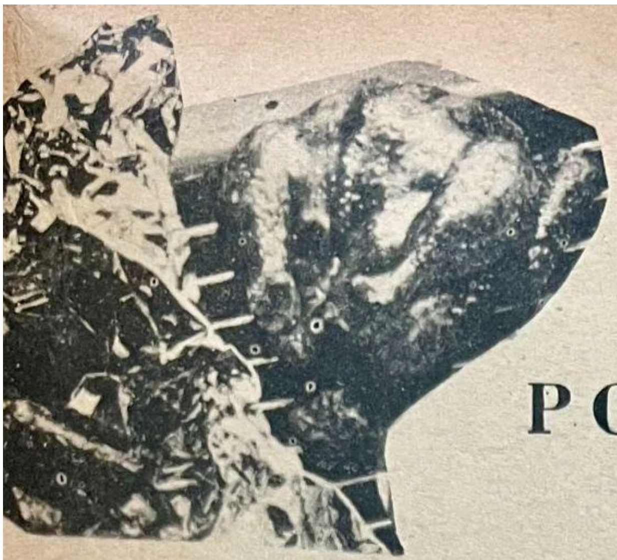
- 12 pieces bacalao (about 1/2 kilo)
- 10 red peppers, or two cans pimiento morrones
- 2 heads of garlic
- 1 can tomato sauce, or
- 1 big can whole canned tomatoes
- 1 big onion
- 5 small potatoes, previously boiled and peeled
- 3 small carrots, peeled and diced
- 1-1/2 cups olive oil
- 1 tsp. salt
- sugar
- celery for topping

Soak the bacalao pieces overnight, changing the water twice, or if the fish is too salty change the water several times and gently scrape off the excess salt.

Put bacalao in a casserole and cover with cold water. Put over a very slow fire and cook without reaching a boiling point. Remove the water from the fish when it becomes excessively hot, then remove casserole from fire to cool. Remove fish bones if any.

To prepare the sauce, heat the oil over a low fire in a small pot. Add garlic and onions which must be finely chopped. Add the tomato sauce or canned whole tomatoes and bring to a soft boil. Put in peppers. Five of them should be cut in fine pieces; the remaining one should be cut in halves. Add potatoes and carrots, sprinkle with salt and the desired amount of sugar. Cook by gently stirring ingredients slowly until sauce becomes thick.

Lay the bacalao on the bottom of casserole until fish covers the entire bottom portion. Pour sauce over fish flakes and put the remaining bacalao on the brim of the casserole. Garnish with celery leaves.



POULTRY

A favorite main dish is chicken, turkey, or other poultry. Like meat, poultry has protein of high quality and is also a good source of iron, phosphorus, and B vitamins.

In retail markets poultry may be purchased alive, dressed, or eviscerated, or cut in pieces for serving.

Dressed weight means the bird has been bled and picked but not drawn. It may be drawn and cut up while you wait, but the price you pay is computed on the basis of weight with head, feet, and viscera included.

Eviscerated or fully drawn weight means the bird has been bled and picked and that head, feet, and all viscera have been removed.

An eviscerated chicken weighs about 20 percent less than the dressed weight.

Chickens are marketed in four classes based primarily on their weight and age: Broilers, fryers, roasters, and stewing hens.

Broilers are approximately 8 to 12 weeks old—dressed weight not over 2-1/2 pounds, eviscerated weight not over 1-3/4 pounds. Fryers are 13 to 20 weeks old—dressed weight from 2-1/2 to 3-1/2 pounds, eviscerated weight 1-3/4 to 2-1/2 pounds. Roasters are 5 to 9 months old—dressed weight over 3-1/2 pounds, eviscerated weight over 2-1/2 pounds.

Stewing chickens—sometimes called "stewers" or "fowl" are mature hens, old enough that the tip of the breastbone has hardened.

Young poultry need not be cooked with added water to be juicy and tender. For mature birds, however, long slow cooking in steam or water is needed to make the meat tender.

STEWED OR STEAMED WHOLE CHICKEN

Prepare a fully drawn stewing chicken for cooking: Pull out pinfeathers and singe bird over flame; wash well, rinse, and dry. Clean giblets.

Stewed Whole Chicken.—Place the bird on a rack in a kettle and add water to half cover bird. Salt water lightly. Cover kettle and simmer until chicken is tender, turning occasionally for even cooking. Three to 4 hours will probably be needed.

Cook giblets with the chicken, removing them as soon as done.

Cool chicken in broth, breast down, an hour or more.

The whole bird may be browned with or without stuffing. Coat it with fat, place it breast up on a rack in a shallow open pan, and brown in a moderate oven (about 350° F.).

Steamed Whole Chicken.—Follow the same general directions as for stewing, but add water only to the level of the rack in the kettle and keep the bird breast up all the time. As the water boils away, add more. Cooking time will be about the same as for stewed chicken—3 to 4 hours.

CHICKEN WITH DUMPLINGS

1 stewing chicken cut in pieces and stewed
3 to 4 cups broth
6 tablespoons chicken fat
3 to 6 tablespoons flour
Salt and pepper

Remove pieces of chicken from the broth and keep them hot. Skim fat from broth.

Blend fat and flour, stir in several spoonfuls of the broth, and pour the mixture into the rest of the broth, stirring constantly.

Cook this gravy until it is slightly thickened. Season to taste.

DUMPLINGS

3/4 cup sifted flour
2-1/2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/3 cup milk

Sift flour, baking powder, and salt together.

Beat egg, add milk, and mix with dry ingredients.

Drop by small spoonfuls on boiling chicken gravy, cover tightly, and cook 15 minutes. The cover must not be removed while the dumplings are cooking, for if the steam escapes they will not be light.

Serve with broccoli or other green vegetable, gelatin vegetable salad, date and nut pudding.

CHICKEN CURRY

1/4 cup chicken fat
2 onions, minced; green pepper minced
1-1/2 cups diced cooked chicken
Salt and pepper
3 tablespoons flour
3 cups chicken broth
2 or 3 tablespoons curry powder
1 teaspoon vinegar
3 cups hot cooked rice

Cook onion and green pepper in fat 2 or 3 minutes; blend in flour and curry powder. Add broth gradually; cook until thickened, stirring constantly. Add chicken and celery; season to taste with salt and pepper. Simmer 15 minutes. Add vinegar just before serving. Serve with fluffy boiled rice. A little diced green pepper, chopped peanuts and a spoonful of chutney on top of each serving make curry a special treat.

FRIED CHICKEN

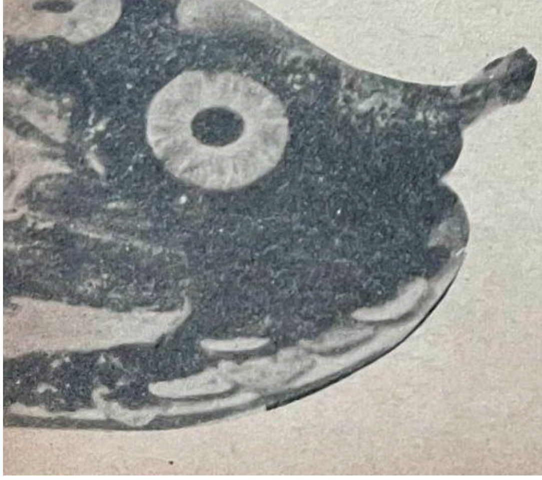
Select a small dressed chicken; cut into serving pieces. After washing, wipe the pieces as dry as possible. Sprinkle with salt and pepper, dredge with flour by shaking in a paper bag with about 1/2 cup of flour or coat with cracker crumbs or a mixture of 3 parts flour and 1 part corn meal, or dip in egg and crumbs.

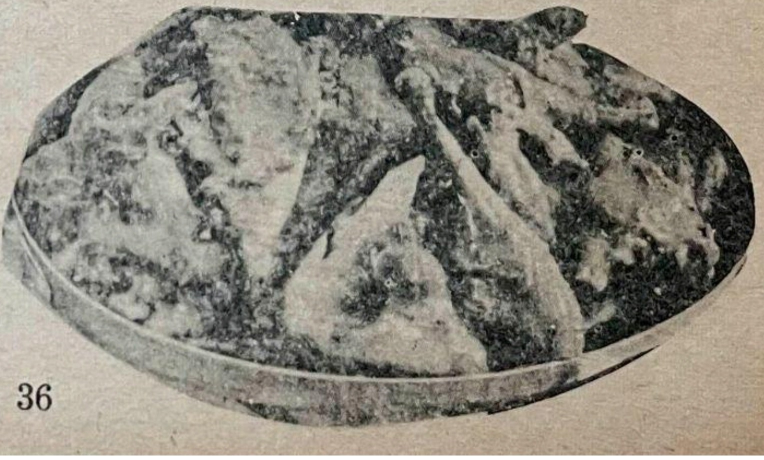
In a heavy skillet melt fat to a depth of 1/2 to 1 inch. Half butter and half vegetable fat or lard gives a delicate good results. When the fat is moderately hot, gently lower the pieces of chicken into it. Do not crowd them. Turn the pieces allowing them to brown on all sides. If a crisp crust is desired, cover the pan during the first half of the cooking period, then uncover. For a tender crust, brown the pieces at once with the pan uncovered, then cover for the last half of the cooking period. Cook for 1/2 to 1 hour depending on the size and age of the fowl.

CHICKEN FRICASSE

1 large chicken cut in pieces
1 large sliced onion
2 tbsps. chopped celery
1 tbsp. salt, pepper
1/2 tbsp. paprika
4 tbsps. flour
Dashes of Maggi's seasoning

Clean and wash the chicken. Put it in a large kettle together with onion, celery, pepper and salt until it boils. Simmer until tender for 2 hours. Remove the chicken from stock. Dredge with flour mixed with paprika. Saute in butter until golden brown. Boil so as to reduce stock to 2 cups. Chicken with flour mixed to a smooth paste with cold water. Add some dashes of Maggi's seasoning and simmer it for 5 minutes. Pour gravy over the chicken. Serve with hot-boiled rice noodles.





CHICKEN TINOLA

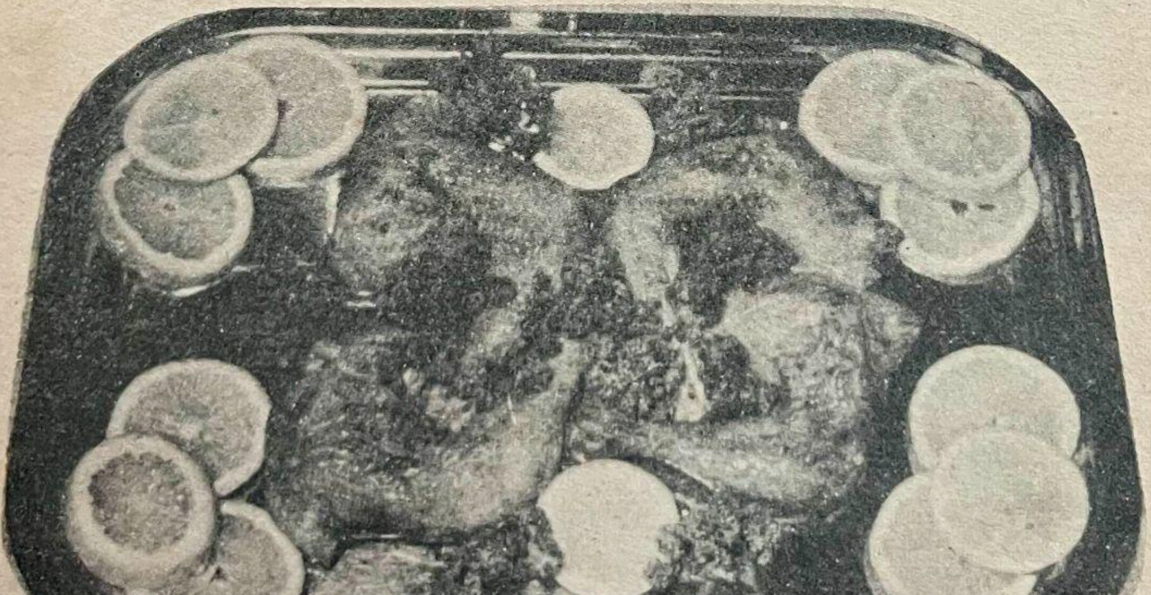
- 1 med. sized chicken
- 2/3 c. sliced onion
- 6 c. water
- 4 c. green papaya
- 2/3 c. pepper leaves (siling labuyo)
- 4 tbsps. lard
- 1/2 c. pounded garlic
- salt and pepper
- 1 tbsp. patis

Clean and dress the chicken and cut to desired pieces. Saute in a saucepan the garlic till light brown. Add the onions and cook for about 3 mins. Add the chicken and season it with patis. Stir and cover for 7 minutes. Add some amount of water and cook it for 1 hr. Later add the papaya about 15 mins. just before removing it from fire. Then add the pepper leaves and season with salt. It's indeed very nice when served hot. Good service for 8 persons.

CHICKEN WITH SWEET PICKLES

- 1 bottle of sweet pickles
- 1 chicken
- 4 onions
- 4 cloves garlic
- 1 tsp. pepper
- 2 tbsps. patis

Boil the chicken until tender. Cut the meat into small pieces. In enough amount of lard fry garlic, onion and tomatoes. Add the chicken and season it with patis and pepper to taste. Cook for 5 minutes when necessary and add lard. Add mixed pickles and stir constantly the mixture. Then add a teaspoon of butter before removing from fire.



SOUPS AND CHOWDERS

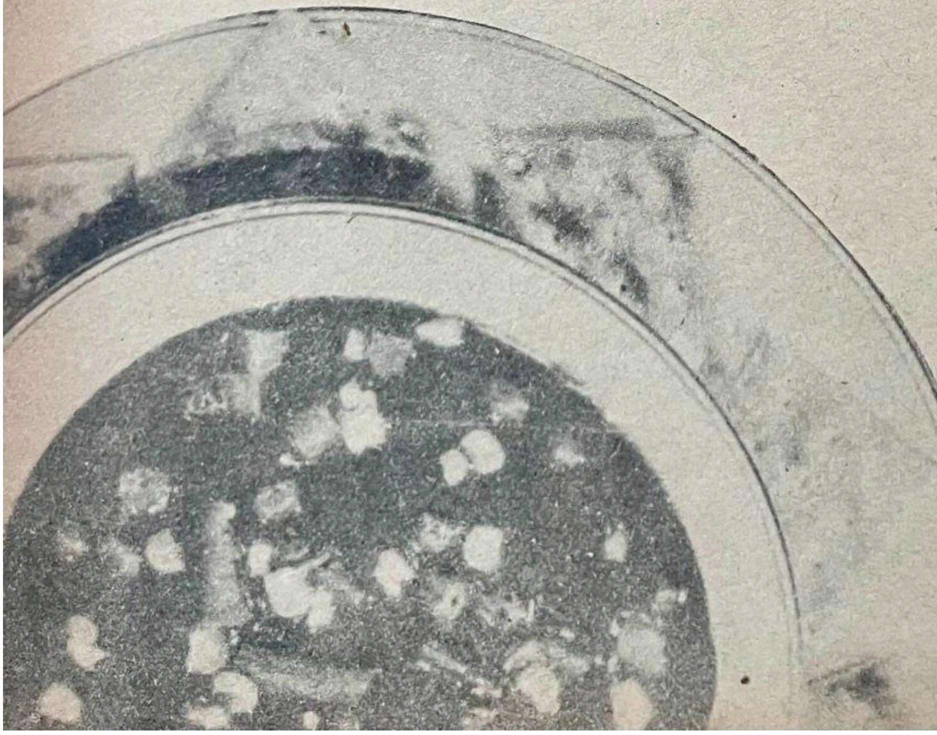
MEAT AND VEGETABLE SOUP

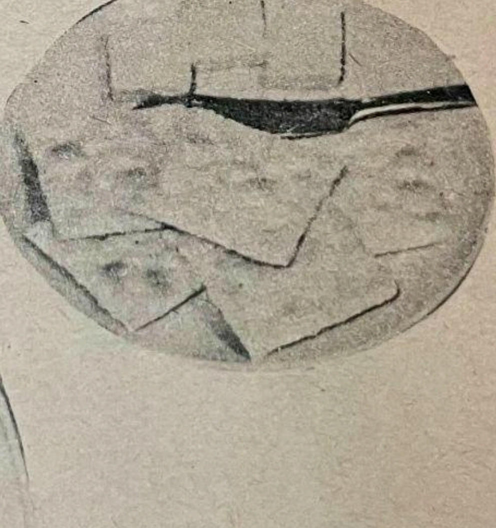
1 large soup bone	**2 cups tomatoes**
3 quarts boiling water	**1 cup diced carrots**
1 cup chopped onion	**1 cup diced turnips**
2 cups chopped celery and leaves	**2 cups diced potatoes**
	Salt and pepper to taste

Select a beef bone or a knuckle of veal and crack the bone to get out all the good flavor and food value. Wash the bone, being careful to remove any small slivers, cover with the water in a large kettle, and simmer for about 4 hours, or until the meat is tender. Then add the onions, celery, tomatoes, carrots, turnips, and potatoes to the broth. Simmer gently until the vegetables are tender, but not broken. Season to taste with salt and pepper. Serve the meat with the soup, either left on the bone or ground and added to the soup. Or save the meat to make hash or croquettes.

This recipe makes about 3 quarts of soup. The soup is equally good reheated and served another day.

To make even more substantial soup, add rice or short pieces of macaroni or spaghetti, or pearl barley, or cracked wheat.





BOUILLON

2 pounds lean beef
2 quarts cooked tomatoes
4 carrots, chopped
6 stalks celery and leaves, chopped
1 small onion, sliced
1 small green pepper, chopped
3 whole cloves
1/2 teaspoon whole peppercorns
1/4 cup vinegar
Salt and pepper

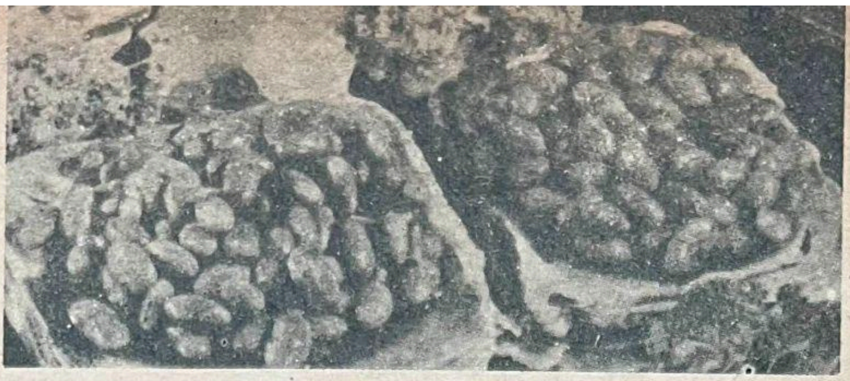
Select beef shank, or neck, or some other inexpensive cut. Cut the meat into small pieces, cover with water, and simmer for 2-1/2 to 3 hours. This makes about 1 pint of well-flavored broth. Then add all the other ingredients except the vinegar, salt, and pepper. Simmer for half an hour. Strain through a thick layer of cheesecloth, add the vinegar and season to taste. Reheat and serve piping hot. If desired, place chopped parsley or a thin slice of lemon in each cup of bouillon.

SCOTCH BARLEY SOUP

Breast of lamb
1/2 onion, chopped
2 teaspoons pearl barley
1 turnip, diced
1 carrot, diced
Salt and pepper

Select a lamb breast that includes the foreshank. Remove the fat. Crack the bones. Put the lean meat and bones on to cook in water to cover. Add the onion. Soak the barley for an hour in cold water, then add to the soup. Cook the soup for 1-1/2 hours after adding the barley. Remove the meat and bones, being careful to take out bone splinters. There should be 3 to 4 cups of broth. Let the broth cool long enough for the fat to harden so it can be skimmed off. Meanwhile chop the cooked meat. Reheat the skimmed soup and add the turnip and carrot and cook until they are tender. Add 1/2 cup or more of the chopped meat. Season the soup with salt and pepper and serve piping hot.

Instead of breast of lamb, the bones from 3 or 4 lamb shoulders may be used to make this quantity of soup.



SOUP PEPPER POT

1 large soup bone
1 onion, chopped
1 bay leaf
1 stalk celery, chopped
1/4 teaspoon savory seasoning
1/4 pod red pepper
2 raw potatoes, diced
1/4 pound cooked tripe, ground or finely diced
Salt
Pepper
Chopped parsley, if desired

Simmer a beef bone or knuckle of veal in water to cover for 3 to 4 hours. Pour off the broth, skim the fat from it, and strain through cheesecloth. This should make about 3 pints of well flavored broth. To the broth add the onion, bay leaf, celery, savory, and red pepper and simmer for about an hour. Then add the potatoes and cook until tender. Add the tripe, and season with salt and pepper. Serve hot, chopped parsley on top.

THICK VEGETABLE SOUP

1 c. medium-fat meat cut into very small pieces
2 medium or large onions
2 medium or large tomatoes
1 eggplant
6 okra pods
1 c. string beans or winged beans (seguidillas) (after being prepared for cooking)
2 large carrots
150 to 200 leaves of kangkong, camote, or kulitis
2 to 2-1/2 T. salt
5 c. water

Put the water, meat, and salt into the cooking utensil, cover and boil for about 30 minutes. Meanwhile, wash the vegetables, and dice them, except the leaves, which should be cooked whole. Add all the vegetables, except the leaves, and continue to boil for 5 to 10 minutes longer. Prepare the leaves, add them, press them down into the liquid, or better, turn the vegetables so that the leaves will be at the bottom, and continue to boil for 7 to 10 minutes longer, depending on the kind of leaves. Serve hot.

SWEETS & PIES

CAMOTE PUDDING

3/4 kilo camotes, cooked
1/2 pound butter
5 eggs, separated
1-2/3 cups white sugar
1/4 cup wine or brandy
Grated rind of 1 lemon
1 teaspoon nutmeg or mace
1/4 cup evaporated milk & 1/4 cup water

Mash the camotes very well to remove all lumps and cream with butter. Beat the egg yolks well and add to potato mixture. Add the sugar, wine, lemon rind and nutmeg. Add the milk to make a thin batter. The amount of milk may vary slightly depending on the consistency of the camotes but a thin batter is required. Beat the egg whites slightly until stiff but not dry. Fold them into the camote mixture and bake at 350° for 30 minutes. Serves 6.

White camotes are not as sweet as the yellow ones and can easily be used as a potato substitute in some dishes. Thinly sliced peeled camotes can be fried like potato chips and they have a delightful flavor. We find them excellent to serve with barbecued spare ribs and any sweet-sour meat dish.

PUDIN DIPLOMATICO

6 tablespoons sugar
2 packages of prepared flour
3 tablespoons cornstarch
1/8 teaspoon cinnamon
4 cups milk
2 tablespoons apricot brandy (optional)
1 teaspoon vanilla
1 cup drained fruit cocktail
slices of pound cake

Using a saucepan, caramelize sugar to a golden brown; pour into a 9 x 5 x 3-inch (6 cup) loaf pan. Spread evenly over bottom of pan.

In a sauce pan combine prepared flan, cornstarch and cinnamon. Mix well. Stir in the milk, apricot brandy, and vanilla. Cook over low heat to a full boil, stirring constantly, to prevent sticking. Mixture will be thin. It thickens as it cools. Add fruit cocktail; pour into prepared pan. Place slices of pound cake on top, covering the entire surface. Chill until set. Unmold and serve.

SUMAN INANTALA

3 cups malagkit rice
5 cups coconut milk
3 teaspoons salt

Wash malagkit rice very well. Drain. Cook with coconut milk and salt in carajay, stirring occasionally. When mixture is almost dry stir continuously to avoid sticking to the pan's bottom. Lower the heat and continue cooking, well covered banana leaves for some minutes more.

Drop by spoonfuls in layers of wilted banana leaves and wrap. Tie in pairs. Steam for half an hour. Serve with sugar.

SUMAN MARUECOS

2 cups malagkit rice
1 cup rice
Latik
coconut milk
sugar

Wash rice thoroughly. Soak in 1-1/2 cups water for four hours. Grind in native stone grinder. For every cup of ground mixture (galapong) add 1/2 cup coconut milk and 1/3 cup sugar. Cook, stirring constantly, until it is thick. Wrap 2 tablespoons of this mixture topped with a little "latik" in banana leaves previously "wilted" by passing over an open flame. Tie in pairs. Steam for 30 minutes.

INANGIT

2 cups malagkit rice
2 coconuts
pinch of salt

Grate the coconuts and extract 4 cups milk. Wash the malagkit and cook with coconut milk and salt, stirring it to avoid sticking to bottom of container. When the coconut milk has been absorbed, cover the rice with banana leaves. Cover container and continue cooking on very low fire.

MOCHA LECHA FLAN

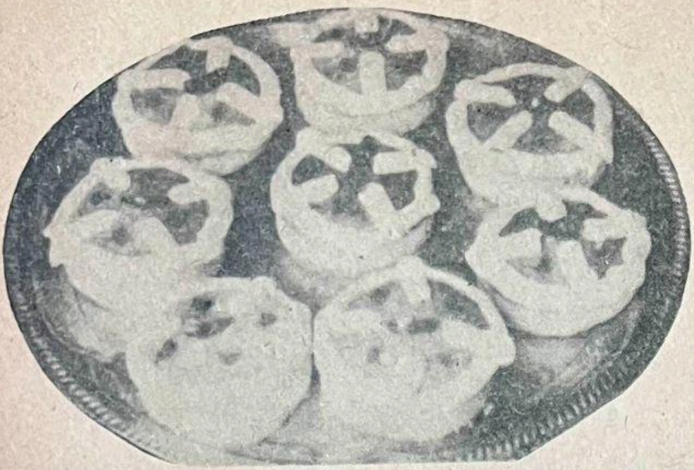
1 can condensed milk
1-1/4 cup water
8 egg whites
8 tsps. instant coffee
1/2 cup caramel syrup

Line mold with the caramel syrup. Set aside. Beat slightly the egg whites. Add the milk, water and instant coffee. Pour into 1 quart mold. Place this in a large pan half-filled with water. Steam or bake for about 1 hour or until mixture becomes firm. Cool before removing from mold.

CARAMEL SYRUP

1 cup sugar
1/2 cup hot water

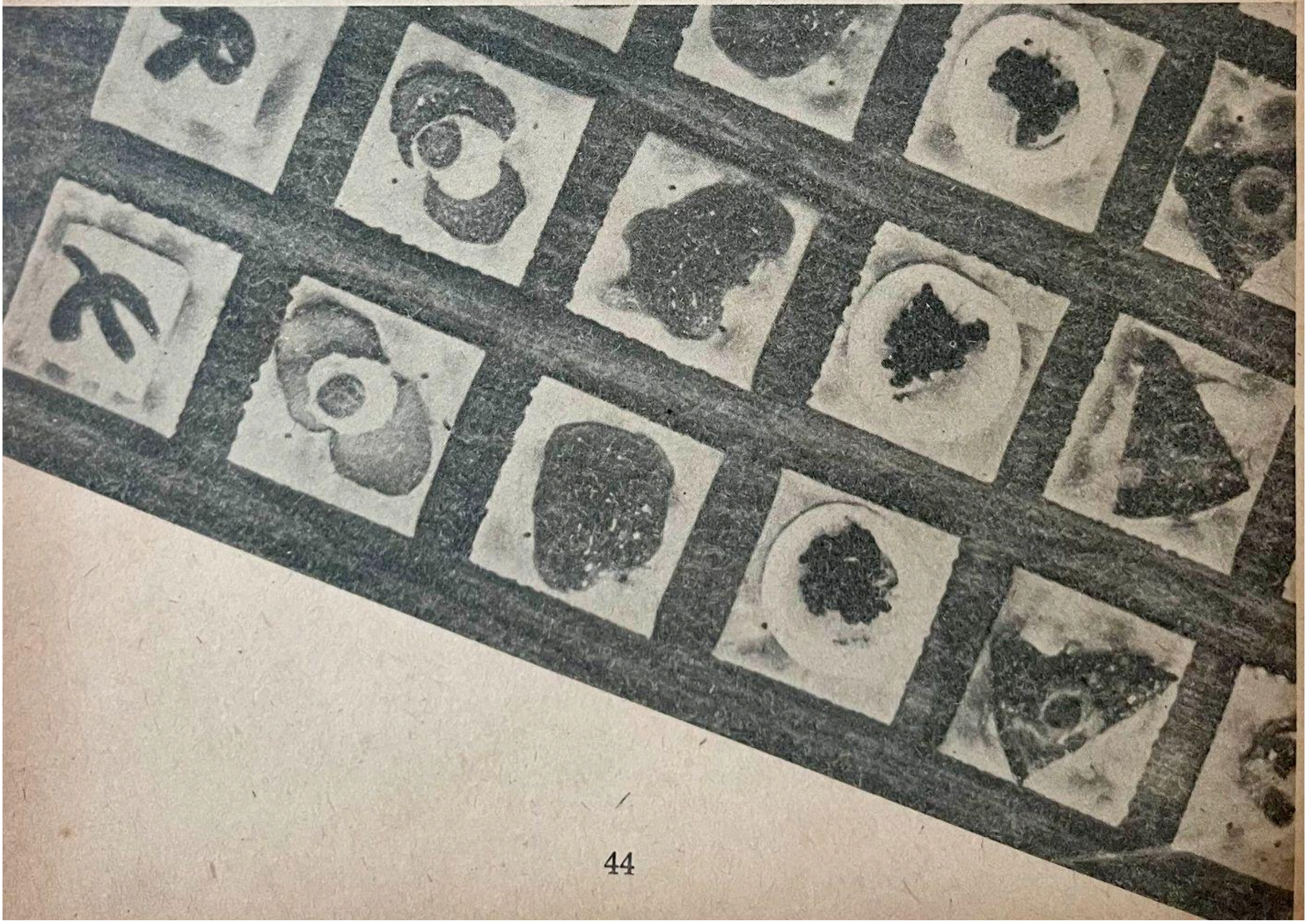
Melt sugar in heavy metal container. As soon as sugar is light brown, add 1/2 cup hot water to dissolve caramelized sugar and form syrup. May be stored in covered bottle.



JALEANG UBE

2 kilos ube
4 cups sugar
3 cans evaporated milk
1/2 teaspoon lemon rind

Peel ube and boil. When cooked mash and sieve through a strainer. Combine all ingredients and cook over low fire, stirring constantly. When desired consistency is reached, remove from fire and place in a molder.



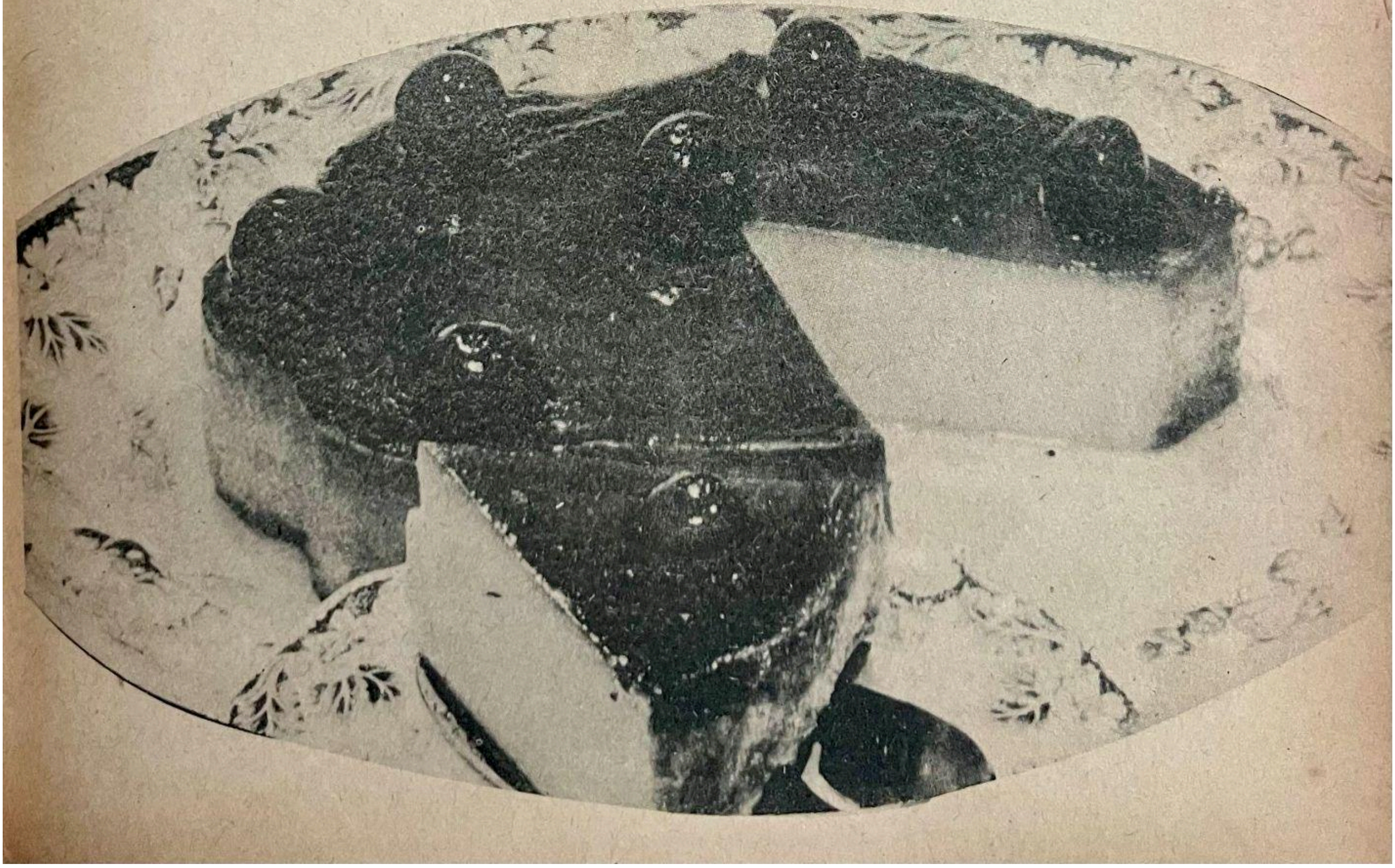
LECHE FLAN

Leche flan (egg custard with caramel sauce)
8-10 egg yolks or 4-5 whole eggs)
1/2 cup sugar
grated rind of lemon, or vanilla essence
caramel to line mould

Beat egg yolk (or eggs) with sugar until lemon-coloured. Add vanilla and continue to beat until well blended. Meanwhile, scald milk on top of double-boiler for about 10 to 15 minutes. Remove from fire and combine with egg mixture, mixing well to blend. Line flan mould with caramelized sugar. Pour egg mixture into this.

Set in a pan half-filled warm water and bake until mixture becomes firm, or when knife inserted in the middle of the custard comes out clean.

To caramelize sugar, dissolve 1 cup brown sugar in 1/4 cup water and cook over medium heat until brown or caramelized. Line custard mould with about 3/4 of this caramelized syrup, retain the rest for topping the custard when unmoulded for serving.



SANS RIVAL (MERENGUE-CREAM TORTE)

8-10 egg whites
8-10 egg yolks
1 cup walnuts or cashew nuts, finely chopped
1/2 cup sugar (for merengue)
1 cup sugar (for filling)
2 tablespoons honey
1/2 lb. fresh butter
1/2 tsp. cream of tartar; or
1 tablespoon vinegar
1 tsp. vanilla flavouring

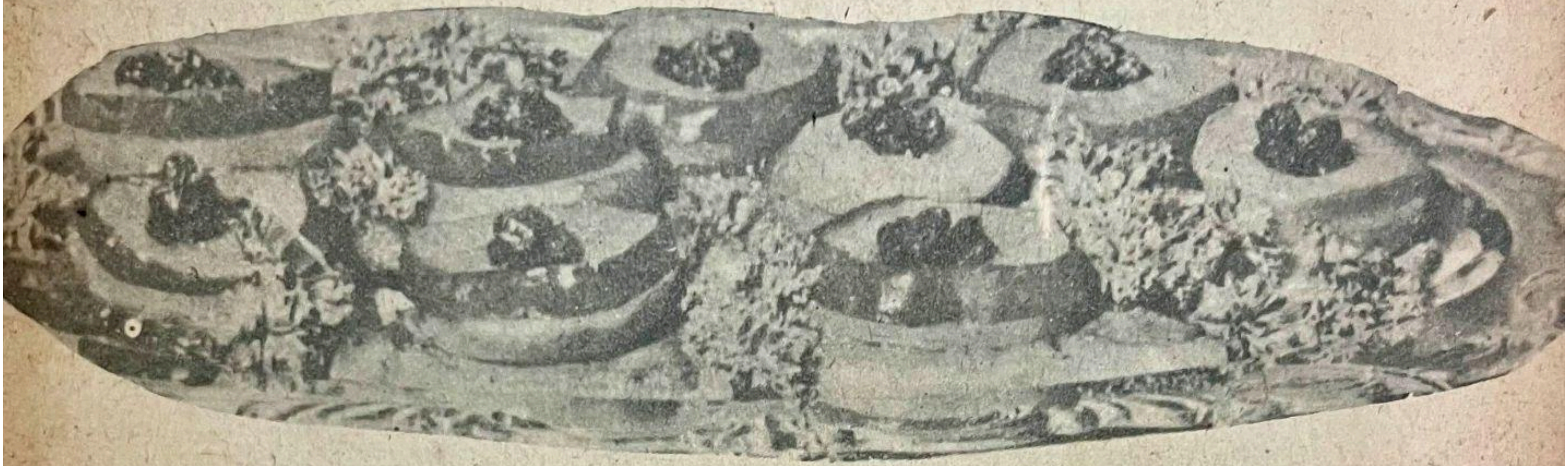
Beat egg whites with cream of tartar (or vinegar) until stiff but not dry. Gradually spoon in the 1/2 cup sugar intended for the merengue. Continue beating until soft peaks form. Grease four to five 9 x 12 cookie pans (or use inverted flat side of equivalent size cake tins), line with wax paper. Then grease wax paper generously (all this procedure is to prevent cooked merengue from sticking on the pan or on the paper).

Divide merengue into four or five portions (depending on how many tins you're using) and spread evenly and thinly (about 1/2 inch or less thick) on the baking tins. Sprinkle all over with chopped walnuts or cashew nuts. Bake in pre-heated oven (Regulo 2 or slow oven) for 1-1/2 to 2 hours or until merengue is golden brown and thoroughly dry inside. Remove from heat (one at a time) and peel off paper. Set on wire rack to cool. Continue same process with remaining merengue in the oven.

While merengue is baking in oven, put remaining 1 cup sugar into saucepan with 1/2 cup water. Add honey and bring to boil over medium heat until syrup spins a thread, or forms soft ball when dropped into water. Remove from fire and cool slightly. Meanwhile, beat egg yolks until lemon-coloured. Drop syrup into this, a tablespoon at a time, beating continuously until all the syrup is used up. Set aside. In another larger bowl, cream butter. Gradually add egg and syrup mixture into butter until used up. Refrigerate until ready to use as filling and icing for the merengue.

You can actually start working on the torte as soon as one layer of merengue is ready and cooled (do not leave too long in windy kitchen, as crispness will disappear, and a successful sans rival must have crisp merengue between layers of butter cream).

Take enough of the butter cream to spread thinly on top of the first layer of merengue. Store layers as you get them ready in freezer compartment of refrigerator until another layer of merengue is ready to add on (covered, or wrapped, in kitchen foil). Continue process until all merengue layers and butter cream are used up. Keep cake in freezer until ready to eat. Serve in thin slices.



WISE STORING

Meat, poultry, fish — Important to keep cold; so store in refrigerator — 35° to 40° F.

Poultry, fish, and unsmoked meat — such as roasts, chops, and steaks — must be allowed some air. Loosen any tight transparent coverings. Cover again loosely — use within a few days.

Ground fresh meat and variety meats, especially liver and brains, spoil more quickly than others. Store loosely wrapped; cooked within 2 days for best flavor.

Smoked meats — such as ham, frankfurters, and bacon — and sausage, smoked or unsmoked, may be kept tight-wrapped during storage. They keep longer than unsmoked meats although bacon and sausage are likely to change flavor.

Keep cooked meat, poultry, and fish also broth and gravies covered and in the refrigerator. Use within a few days.

Eggs — Keep in covered container in the refrigerator. Storing eggs with large end up keeps the yolk centered.

Fresh vegetables and fruits — For best eating, most fruits and vegetables should be used fresh from garden or orchard. But if they must be held a few days, follow this storage guide:

Refrigerated and covered

Asparagus
Beans, snap or wax
Broccoli
Cabbage
Cauliflower
Celery
Corn, husked
Cucumbers
Greens
Onions, green
Peas, shelled
Peppers, green
Radishes

Refrigerated, covered or uncovered

Apples (mellow)
Apricots
Avocados
Berries
Cherries
Corn, in husks
Grapes
Nectarines
Peaches (soft ripe)
Pears
Peas, in shell
Plums

Room temperature or refrigerated

Beets
Carrots
Grapefruit
Lemons, limes
Melons
Oranges
Parnips
Pineapples
Squash, summer

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